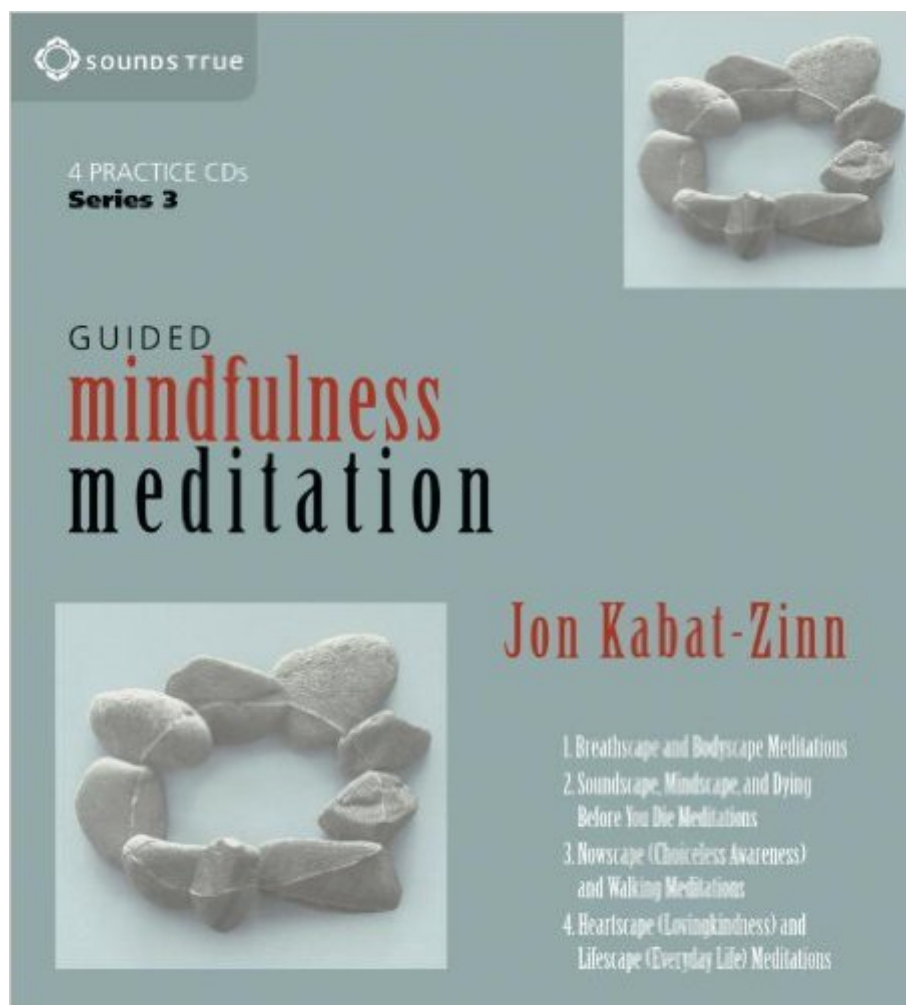


The book was found

Guided Mindfulness Meditation Series 3



Synopsis

Ten Guided Mindfulness Practices to Cultivate Intimacy with the Present Moment and Your Life In a world where our attention gets distracted and diverted at every turn, mindfulness brings it back and stabilizes it where it matters most-in the here and now. With Guided Mindfulness Meditation Series 3, Jon Kabat-Zinn leads you with friendliness and care through 10 "mindfulness landscapes," including: The Soundscape and Mindscape-Bringing your awareness to the outer world and the inner terrain of your thoughts and emotions The Heartscape-Cultivating lovingkindness, compassion, and healing for yourself and others The Nowscape-Moving beyond specific objects of meditation to rest in the spaciousness of "choiceless awareness" The Lifescape-Letting life itself become the meditation practice and the meditation teacher This program also includes "breathscape" and "bodyscape" meditations, a guided walking meditation, a restorative yoga-like lying down practice, and a study guide with suggestions for how to best use these practices. If you are seeking to explore new domains of awareness and healing, or to enrich and deepen a long-standing meditation practice, Guided Mindfulness Meditation Series 3 offers rich and varied terrain for you to inhabit and explore.

Book Information

Series: Guided Mindfulness Meditation (Book 3)

Audio CD: 8 pages

Publisher: Sounds True; 1 edition (April 28, 2012)

Language: English

ISBN-10: 1604077956

ISBN-13: 978-1604077957

Product Dimensions: 5 x 0.5 x 5.8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (51 customer reviews)

Best Sellers Rank: #204,461 in Books (See Top 100 in Books) #74 in Â Books > Books on CD >

Reference #81 in Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #89 in Â Books > Books on CD > Health, Mind & Body > Meditation

Customer Reviews

Jon Kabat-Zinn, PhD, is the founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center and associate professor of medicine in the Division of Preventative and Behavioral Medicine. His clinic was featured in 1993 in the public television series Healing and

the Mind with Bill Moyers. Jon Kabat-Zinn is the author of *Wherever You Go, There You Are* and *Full-Catastrophe Living: Using Your Body and Mind to Face Stress, Pain and Illness*.

[Download to continue reading...](#)

Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn
Guided Mindfulness Meditation Series 3
Guided Mindfulness Meditation Series 2
Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life
Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your Heart
The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD
The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series)
The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series)
Creative Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1)
Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment and the Art of Letting Go
Martin Luther: A Guided Tour of His Life and Thought (Guided Tour of Church History)
Anxiety Relief: Guided Imagery Exercises to Soothe, Relax & Restore Balance (Guided Self-Healing)
The Miracle of Mindfulness: An Introduction to the Practice of Meditation
Mindfulness on the Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life
Beyond Mindfulness in Plain English: An Introductory Guide to Deeper States of Meditation
Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind
Mindfulness Meditation for Pain Relief
The Lemonade Hurricane: A Story of Mindfulness and Meditation
Guided Meditations on the Stages of the Path (with 15 hour mp3 meditation CD)

[Dmca](#)