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Healing Ourselves And The World Through  
Mindfulness Jon Kabat Zinn

# **Coming To Our Senses Healing Ourselves And The World Through Mindfulness Jon Kabat Zinn**

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Coming To Our Senses Healing By "coming to our senses" -- both literally and metaphorically by opening to our innate connectedness with the world around us and within us -- we can become more compassionate, more embodied, more aware human beings, and in the process, contribute to the healing of the body politic as well as our own lives in ways both little and big. Coming to Our Senses: Healing Ourselves and the World ... Now, with Coming to Our Senses, he provides the definitive book for our time on the connection between mindfulness and our physical and spiritual wellbeing. With scientific rigor, poetic deftness, and compelling

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and the World... Woven into eight

parts, Coming to Our Senses uses anecdotes and stories from Kabat-Zinn's own life experiences and

work in his clinic to illustrate

healing possibilities. At its core, the

book... Coming to Our Senses:

Healing Ourselves and the World

... "Coming to our senses involves

cultivating an overarching

awareness of all our senses,

including our own minds, and their

limitations, including the temptation

when we feel deeply insecure and

have a lot of resources, to try to

control as rigidly and as tightly as

possible all variables in the external

world, an impossible and ultimately

depleting, intrinsically violent, and

self-exhausting enterprise." Coming

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senses"--both literally and

metaphorically by opening to our innate connectedness with the world around us and within us--we can become more compassionate, more embodied, more aware human beings, and in the process, contribute to the healing of the body politic as well as our own lives in ways both little and big. Coming to Our Senses: Healing Ourselves and the World ... COMING TO OUR SENSES:Healing Ourselves and the World Through Mindfulness BY Jon Kabat-Zinn Meditation Is Not for the Faint-Hearted It is difficult to speak of the timeless beauty and richness of the present moment when things are moving so fast. But the faster things move, the more important it is for us to dip into or even inhabit the timeless. DailyOM - COMING TO

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