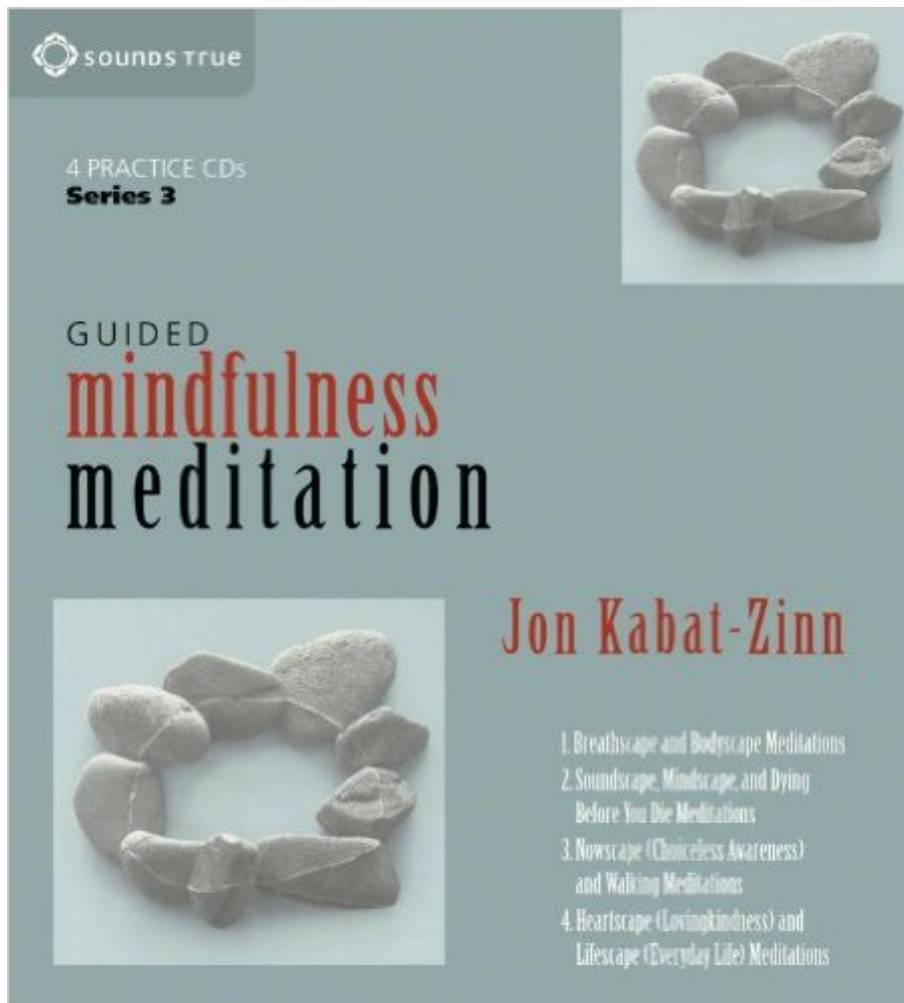


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# Guided Mindfulness Meditation Series 3



## 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

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## 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*.

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