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The Healing Power of Mindfulness: A New Way of Being by Jon Kabat-Zinn - Audiobook

Coming To Our Senses Healing

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Healing Ourselves and the World ...

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.

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Kabat-Zinn is a leader of the mind/body revolution in medicine and health care, demystifying it and bringing it into the mainstream. This book offers insight into how to use the five senses -- touch, hearing, sight, taste, and smell, plus awareness itself -- as a path to a healthier, saner, and more meaningful life.

Coming to our senses (2005
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Coming To Our Senses: Healing Ourselves and the World Through Mindfulness.

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