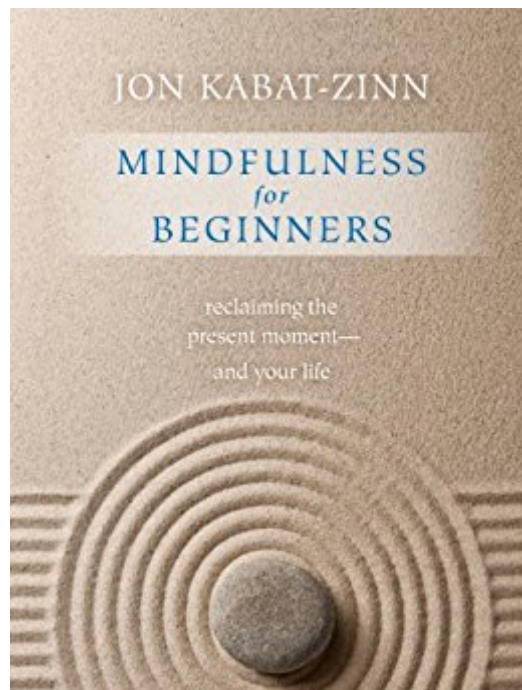




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Mindfulness For Beginners: Reclaiming The Present Moment— and Your Life



Synopsis

We may long for wholeness, suggests Jon Kabat-Zinn, but the truth is that it is already here and already ours. The practice of mindfulness holds the possibility of not just a fleeting sense of contentment, but a true embracing of a deeper unity that envelops and permeates our lives. With *Mindfulness for Beginners* you are invited to learn how to transform your relationship to the way you think, feel, love, work, and play—and thereby awaken to and embody more completely who you really are. Here, the teacher, scientist, and clinician who first demonstrated the benefits of mindfulness within mainstream Western medicine offers a book that you can use in three unique ways: as a collection of reflections and practices to be opened and explored at random; as an illuminating and engaging start-to-finish read; or as an unfolding “lesson-a-day” primer on mindfulness practice. Beginning and advanced meditators alike will discover in these pages a valuable distillation of the key attitudes and essential practices that Jon Kabat-Zinn has found most useful with his students, including:

- Why heartfulness is synonymous with true mindfulness
- The value of coming back to our bodies and to our senses over and over again
- How our thoughts “self-liberate” when touched by awareness
- Moving beyond our “story” into direct experience
- Stabilizing our attention and presence amidst daily activities
- The three poisons that cause suffering—and their antidotes
- How mindfulness heals, even after the fact
- Reclaiming our wholeness, and more

The prescription for living a more mindful life seems simple enough: return your awareness again and again to whatever is going on. But if you’ve tried it, you know that here is where all the questions and challenges really begin. *Mindfulness for Beginners* provides welcome answers, insights, and instruction to help us make that shift, moment by moment, into a more spacious, clear, reliable, and loving connection with ourselves and the world. **NOTE:** This ebook does not contain the spoken-word audio component included in the original printed edition.

Book Information

File Size: 618 KB

Print Length: 188 pages

Publisher: Sounds True; 1 edition (January 1, 2012)

Publication Date: January 1, 2012

Sold by: Digital Services LLC

Language: English

ISBN-10: 1604077743

ISBN-13: 978-1604077742

ASIN: B007L659U2

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #35,626 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

inÃ Â Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Rituals & Practice #20

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Customer Reviews

Unlike many who reviewed this book, I have no experience with meditation, so Mindfulness for Beginners promised to be a great introduction, particularly given the stellar reputation of the author. Now that I've read it, however, I don't think it is the optimal book for those with no knowledge of or experience with meditation. I found the book to be a scattered collection of somewhat random reflections on mindfulness that seem more appropriate for those who have already started a meditation practice. Even though the author writes "we will be exploring together the subject of mindfulness as if you'd never heard about it and had no idea what it is or, for that matter, why it might be worth integrating into your life," the book lacked the structure and organization to meet that goal. The author points out that everything is explained in much greater detail in some of his previous books, and I am thinking about turning to them in search of a more coherent presentation. Although the entire book can be read in an hour (most chapters are only one or two pages), I don't think there would be much benefit from reading it in one sitting. The book seems designed to be read a brief chapter or two at a time, followed by reflection. From my perspective, the chapters do not always seem sequentially or logically linked. They are more like mindfulness devotionals. I found some of the chapters thought-provoking, but not consistently so. I would have preferred a more organized book that started by laying out a foundation for how and why meditation is helpful, followed by instruction for getting started. The enclosed CD is a very nice bonus. I used it to guide my first-ever attempt at meditation, and I felt very good about the process and the outcome. If I continue to meditate, I may refer to various chapters in this book for inspiration, but I am more

likely to use the recommended reading list to find books that help make meditation more accessible to a true beginner.

Jon Kabat-Zinn is one of the best mindfulness teachers in the US. In looking over the reviews of *Mindfulness for Beginners*, I was surprised to see that more than a few readers thought this book was a kind of scam, something like a cut-and-paste of his earlier books. But the difference maker for this book is right there on the cover. It's for beginners. I've been teaching mindfulness for ten years, often to beginners. This book is one of the best, if not the best, I've found for beginners to work with. Of course, if you're new to mindful meditation, you need to read it thoughtfully, page by page, absorbing his descriptions, explanations and examples, often going back to be reminded of bits you've forgotten--or are suddenly understanding. And of course, like all of us, you have to practice. A lot. There's no other way to learn and experience for yourself how helpful, how potentially life changing mindful meditation can be. The only caution I might offer is that Kabat-Zinn is and always has been somewhat professorial. He's a very smart guy with a considerable vocabulary. That said, as always, don't believe everything you read, especially in book reviews!

This isn't another 2-bit self-help book; it's not a self-help book at all. It's an invitation to unravel the power already available to us to live mindfully. It is no doubt one of the most difficult challenges you could possibly impose on yourself, it will require a sense of dedication, discipline and persistence, however, the rewards are unquantifiable. Living mindfully will allow you to inhabit a new dimension through which to live life, a dimension conducive to living a richer and more fulfilling life. Most of all it'll help you realize the actuality of who you are.

I purchased this book after seeing the author quoted in several news stories and upon the largely positive reviews here. However, this book quickly disappoints. What is mindfulness? That's covered in the introduction, but there is so much 'who really cares about it' stuff in the intro, you quickly forget that definition. (Note--if it's central to the book, it belongs in one of the chapters, not the intro.) What is MBSR? I don't recall, and since the book has no index, I don't know if I'll find the definition in the book. The book is divided into very small chapters, each just two or three pages. The lack of an index and the poor organization of the material is a killer. The CD is a disappointment, too. It's not relaxing to listen to. The tracks are really bare-bone and ultimately your impression of the CD depends a great deal upon whether you find the author's voice soothing and enticing or not. As other reviewers have said, it's more of a book about mindfulness rather than a book about how to practice

mindfulness. For the average person, this has a usefulness approaching nothingness.

i am being treated for PTSD and my therapist gave me this book. The book and accompanying disk are doing more for me than drugs or anything else I have tried; helping me step aside and observe my swirling thoughts and emotions rather than being swept away with them. I am now taking things in stride that once made me consider suicide as the only option.

If I wasn't stressed out before I began listening to this CD, I probably was after. Jon Kabat-Zinn may be the greatest teacher who ever lived, however I couldn't tell you. He MUMBLED his way through the entire CD. So very annoying. Half the time I couldn't understand a word he was saying. This is a real pity as I expected a nice relaxing CD and instead what I heard was a bunch of very annoying inaudible mumbles at the end of almost every sentence. YUK! I now need a stress reduction CD to help me get over my so-called stress reducing CD.

Jon Kabat-Zinn is marvelous in his sharing and understanding of how to apply mindfulness. I recently ordered this book to share with new practitioners of mindfulness. I highly recommend this book which is full of so many wonderful ideas and suggestions.

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