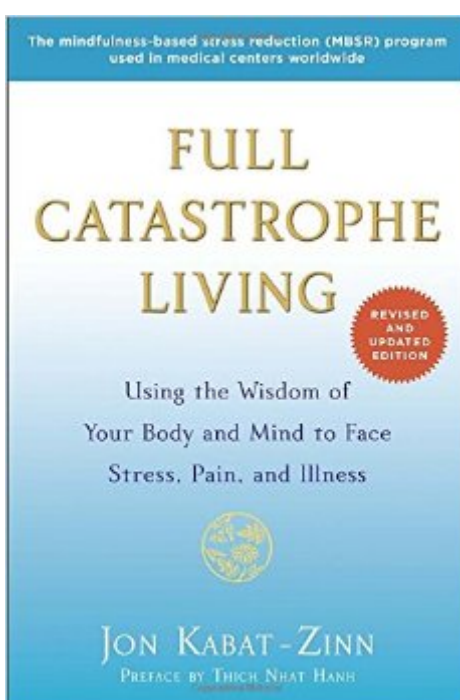


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# Full Catastrophe Living (Revised Edition): Using The Wisdom Of Your Body And Mind To Face Stress, Pain, And Illness



## Synopsis

The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years. Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work which gave rise to a whole new field in medicine and psychology shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. Full Catastrophe Living is a book for the young and the old, the well and the ill, and anyone trying to live a healthier and saner life in our fast-paced world.

**Praise for Full Catastrophe Living**

“To say that this wise, deep book is helpful to those who face the challenges of human crisis would be a vast understatement. It is essential, unique, and, above all, fundamentally healing.”  
—Donald M. Berwick, M.D., president emeritus and senior fellow, Institute for Healthcare Improvement

“One of the great classics of mind/body medicine.”  
—Rachel Naomi Remen, M.D., author of *Kitchen Table Wisdom*

“A book for everyone . . . Jon Kabat-Zinn has done more than any other person on the planet to spread the power of mindfulness to the lives of ordinary people and major societal institutions.”  
—Richard J. Davidson, founder and chair, Center for Investigating Healthy Minds, University of Wisconsin-Madison

“This is the ultimate owner's manual for our lives. What a gift!”  
—Amy Gross, former editor in chief, *O: The Oprah Magazine*

“I first read Full Catastrophe Living in my early twenties and it changed my life.”  
—Chade-Meng Tan, Jolly Good Fellow of Google and author of *Search Inside Yourself*

“Jon Kabat-Zinn's classic work on the practice of mindfulness to alleviate stress and human suffering stands the test of time, a most useful resource and practical guide. I recommend this new edition enthusiastically to doctors, patients, and anyone interested in learning to use the power of focused awareness to meet life's challenges, whether great or small.”  
—Andrew Weil, M.D., author of *Spontaneous Happiness* and *8 Weeks to Optimum Health*

“How wonderful to have a new and updated version of

this classic book that invited so many of us down a path that transformed our minds and awakened us to the beauty of each moment, day-by-day, through our lives. This second edition, building on the first, is sure to become a treasured sourcebook and traveling companion for new generations who seek the wisdom to live full and fulfilling lives. — Diana Chapman Walsh, Ph.D., president emerita of Wellesley College

## Book Information

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## Customer Reviews

Kabat-Zinn, founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, is perhaps the best-known proponent of using meditation to help patients deal with illness. (The somewhat confusing title is from a line in Zorba the Greek in which the title character refers to the ups and downs of family life as "the full catastrophe.") But this book is also a terrific introduction for anyone who has considered meditating but was afraid it would be too difficult or would include religious practices they found foreign. Kabat-Zinn focuses on "mindfulness," a concept that involves living in the moment, paying attention, and simply "being" rather than "doing." While you can practice anything "mindfully," from taking a walk to cleaning your house, Kabat-Zinn presents several meditation techniques that focus the attention most clearly, whether it's on a simple phrase, your breathing, or various parts of your body. The book goes into detail about how hospital patients have either improved their health or simply come to feel better despite their illness by using these techniques, but these meditations can help anyone deal with stress and gain a calmer outlook on life. "When we use the word healing to describe the experiences of people in the stress clinic, what we mean above all is that they are undergoing a profound transformation of view," Kabat-Zinn

writes. "Out of this shift in perspective comes an ability to act with greater balance and inner security in the world." --Ben Kallen --This text refers to an out of print or unavailable edition of this title.

Kabat-Zinn is founder and director of the stress reduction program at the University of Massachusetts Medical Center, and the "full catastrophe" of which he writes is the spectrum of stress in life. His program, in a word, is meditation, rescued from the mire of mysticism that made it trendy in the 1960s. The author focuses on the advantages of employing "practiced mindfulness" to control and calm our responses without blunting our feelings--and a more convincing introduction to the many modes and uses of meditation could hardly be imagined. In personable, enlightening prose, Kabat-Zinn first explains how to develop a meditation schedule, and in later chapters pragmatically applies his plan to the main sources of stress. An impressive middle section clearly marshals scientific and anecdotal evidence relating state of mind to state of health. And while emphasizing meditation's healing potential, Kabat-Zinn makes no sweeping claims, suggesting that the discipline serve not as means but end. Illustrations not seen by PW. BOMC and QPB selection. Copyright 1990 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

To the days of my life before I found this book, or as I sometimes like to look at it, before this book found me. I was a high strung mess of anxiety, even afraid to go to work and face the "challenges" of a day of social interaction and internal struggle and emotions. I wasn't completely sure what I was, but I was pretty sure I was suffering from what doctors would call social or maybe generalized anxiety. And with that came depression and sometimes hopelessness of ever changing and moving on. This went on for years--for as far back as I can remember--and it only seemed like it was getting worse, and I was never able to accept myself, I thought myself a failure of some sort. What had I or my parents done wrong in raising me? Why me?When I found this book, I had been through several programs for anxiety that I had found and downloaded online--none of them helping much--and when I read the introduction, something about it clicked with me. It somehow subconsciously made sense and I knew that I had found something that might actually change the way I WAS, and unknowingly but much more importantly, change the way I viewed myself.Over the next 8 months, I almost religiously followed the exercises in the book. I learned more about myself and the world around me in those eight months than I have in the past ten years, at least it feels that way.To cut a long story short, I still have anxiety, but on a scale of 1-10 it is now a 2 where it was an 7 or an 8 before. Simply put, practicing mindfulness pulls the rug from under anything that bothers you in any

way. It teaches you that it's ok to feel any emotion and think any thought because that is what is already here. It teaches you to accept those things, and in the process of doing that, those horrible horrible things lose their power over you, and you can begin to heal. To anyone suffering from emotional pain of any sort, please let me be an example to you that you don't have to be controlled by these terrible feelings. Learn to accept them as they are, and they will go away by themselves. This book is a great way to start. Please consider

I remember when Bill Moyers first interviewed Jon Kabat-Zinn and I have been interested in mindfulness meditation off and on ever since. Five months ago I lost my husband. I also have Alpha-1 antitrypsin deficiency or "inherited emphysema" and I am on oxygen 24/7. This past summer the stress from both became unbearable. So I bought the book. It is an extremely easy read and the author lulls you into the practice, little by little, from page one. I am now a convert and I plan to take a live course the beginning of next year. I highly recommend this book.

Great book but takes a long time to read as it's somewhere near 800 pages. I am almost finished with it, though, and definitely found it helpful. I like the author's accessible tone, and the examples of others who found this program helpful were also really good.

Although I was introduced to meditation many years ago and have practiced it more or less faithfully ever since, this brought new insights, information and inspiration. I highly recommended it to those who are new to meditation, those who are "old hands" and everyone in between. It is well-written, highly motivating, and humorous in spots.

Great book. 4 stars for the pages. On such a thick book I wish the pages were heavier, they seem extra fragile.

Having finally reached the age of "OLD" by most measures I am pleased to revisit this book with it's newer ideas added to this revised edition by the author. Where did those 25 years go? A refresher course for me on how to "chill" a little more in today's jargon. I have adult daughters. Need I say more?

This is an excellent book on meditation. It provides multiple forms of meditation therapies, so it is not extremely in depth with each of them, but it does provide a great introduction for those

interested in learning more about the arts

It appears to be meant for stress reduction, just as the title suggests. However, it is a bit repetitive, and seems to be aimed at selling the stress reduction program and its CD's.

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