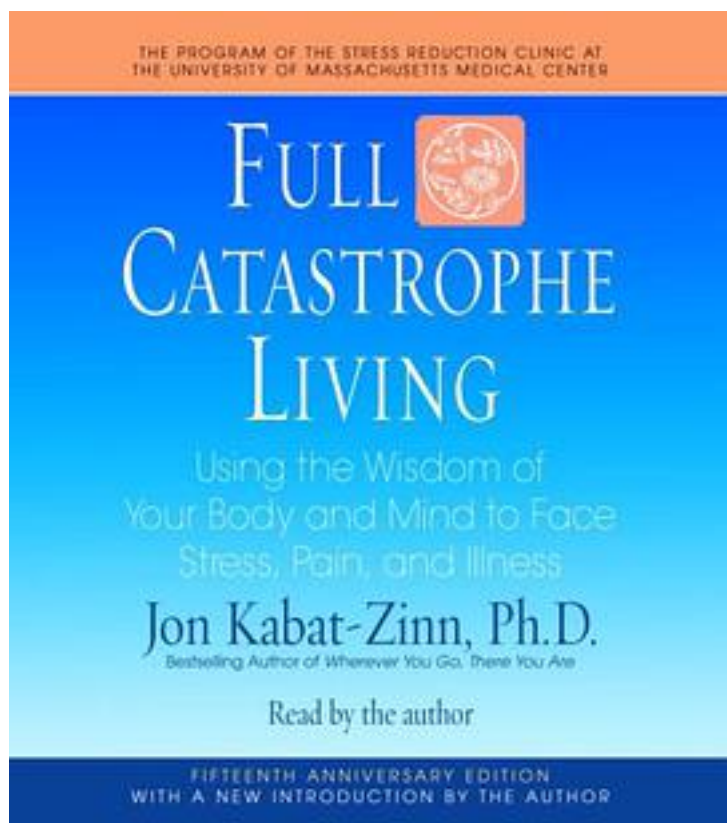


# Full Catastrophe Living



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著者:Jon Kabat-Zinn

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A true breakthrough in the area of behavioural medicine and self control If you are looking for the best available book on this topic, this is it! Alan Marlatt, PhD Professor of Psychology, Director of the Addictive Behaviours Research Centre, University of Washington. In the fifteen years since its initial publication, Full Catastrophe Living has sold over 400,000 copies worldwide. It has established itself both as an excellent beginner's guide to meditation and as the bible for a mind/body movement that has

transformed Western medicine. This practical, step-by-step meditation guide is based on a revolutionary eight-week programme called mindfulness-based stress reduction (MBSR), which stress-relief and meditation expert Jon Kabat-Zinn created at the world-renowned Stress Reduction Clinic at the University of Massachusetts Medical Center, Boston. This fifteenth anniversary edition includes a new introduction along with an expanded bibliography and resources section.

作者介绍:

Amazon.com Review

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.

From Publishers Weekly

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.

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