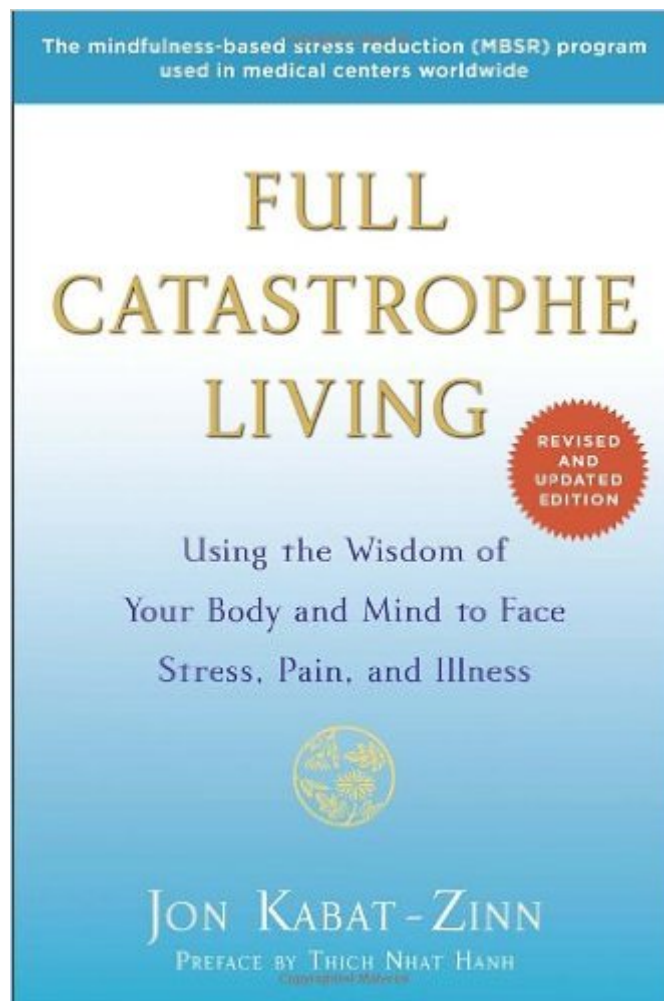


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# Full Catastrophe Living (Revised Edition): Using The Wisdom Of Your Body And Mind To Face Stress, Pain, And Illness



## 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.âDiana Chapman Walsh, Ph.D., president emerita of Wellesley College

## Book Information

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## Customer Reviews

I have both this book and Kabat-Zinn's other, "Wherever You Go, There You Are." That one is more of a general intro to mindfulness (i.e, concentrating on your breathing as a way to clear your mind and reach a deeper level) meditation. It's written in a more aphoristic style: short and sweet, lots of quotes from Thoreau and various gurus, "try this" exercises at the end of each short chapter. A book you mull over, read in bits, inbetween the recommended practice. This one is more wordy, a description of what goes on at the Massachusetts General Hospital Pain Reduction Clinic, where Kabat-Zinn uses a combination of (physical) yoga, mindfulness meditation, and something called the "full body scan" (lying down and concentrating on different parts of the body at a time) to help people with serious, stress-related illnesses such as heart disease, back pain, migraines and cancer. There are instructions on how to do the above; statistical information on how well this program works; descriptions of the types of illnesses they deal with; lots of case studies of typical patients; and some general conclusions that the very insightful Kabat-Zinn has drawn from his work. I hate pop psychology but that's not what's delivered here - these are very real insights, not facile at all, on the damaging stresses of modern life and concrete advice on how to cope with them in such a way as to not get sick. He says, for instance, that "your pain is not you" - that you can and should separate yourself from the pain, and from the negative feedback voice ("I'm never going to get

better," for example) that makes things worse.

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.

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