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Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life

Jon Kabat-Zinn

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If you're reading this, chances are your life, or the life of someone you know, is shaped by pain - and the physical and emotional suffering that usually accompany it. The good news: Jon Kabat-Zinn and his colleagues have helped thousands of people learn to use the power of mindfulness to transform their relationship to pain and suffering, and discover new degrees of freedom for living with greater ease and quality of life.

Now, with *Mindfulness Meditation for Pain Relief*, the man who brought mindfulness into mainstream medicine presents these approaches for working gently and effectively with even the most trying of circumstances.

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