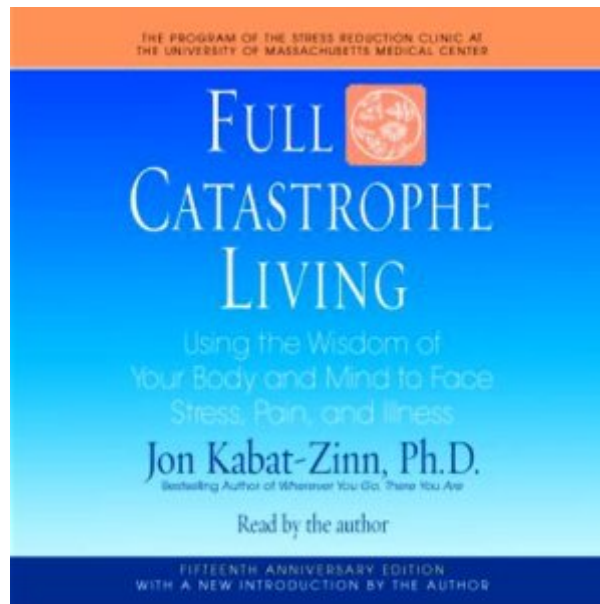


The book was found

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



## Synopsis

Stress. It is everywhere around us. Even worse, it gets inside us: sapping our energy, undermining our health, and making us more vulnerable to anxiety, depression, and disease. Now, based on Dr. Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this groundbreaking book shows you how to use natural, medically proven methods to soothe and heal your body, mind, and spirit. By using the practices described within, you can learn to manage chronic pain resulting from illness and/or stress related disorders | discover the roles that anger and tension play in heart disease | reduce anxiety and feelings of panic | improve overall quality of life and relationships through mindfulness meditation and mindful yoga. More timely than ever before, *Full Catastrophe Living* is a book for the young and the old, the well, the ill, and anyone trying to live a healthier and saner life in today's world. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

Listening Length: 6 hours and 3 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Random House Audio

Audible.com Release Date: December 11, 2007

Language: English

ASIN: B00115MP3S

Best Sellers Rank: #13 in Books > Audible Audiobooks > Health, Mind & Body > Health #39 in Books > Self-Help > Stress Management #163 in Books > Health, Fitness & Dieting > Alternative Medicine

## 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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