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Mindfulness for Beginners by

Jon Kabat-Zinn

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Mindfulness For Beginners Audio Cd

Would you consider the audio edition of Mindfulness for Beginners to be better than the print version? Yes, for something like meditation, it's more 'real' when you can listen. Also with this book, which I have, you don't get the guided meditations except on c.d. What about Jon Kabat-Zinn ' s performance did you like?

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Mindfulness for Beginners: Reclaiming the Present Moment and Your Life(Book & CD)) [Jon Kabat-Zinn Ph.D.] on Amazon.com. *FREE* shipping on qualifying offers. An Invitation to the Practice of Mindfulness We may long for wholeness, suggests Jon Kabat-Zinn