

THE PROGRAM OF THE STRESS REDUCTION CLINIC AT
THE UNIVERSITY OF MASSACHUSETTS MEDICAL CENTER

FULL



CATASTROPHE LIVING

Using the Wisdom of
Your Body and Mind to Face
Stress, Pain, and Illness

Jon Kabat-Zinn, Ph.D.

Bestselling Author of *Wherever You Go, There You Are*

Preface by Thich Nhat Hanh

FIFTEENTH ANNIVERSARY EDITION
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Full Catastrophe Living

S Marginson



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