



Coming to Our Senses: Healing Ourselves and the World Through Mindfulness

Jon Kabat-Zinn

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From the bestselling author and renowned mindfulness teacher, scientist, and educator. . .a guide to living a meaningful life.

This follow-up to the widely praised national bestseller *Wherever You Go, There You Are* is yet another revolutionary offering from Jon Kabat-Zinn, showing readers how the power of mindfulness can bring radical change to their lives.

In the national bestseller *Wherever You Go, There You Are*, Jon Kabat-Zinn struck a chord in contemporary society that continues to reverberate to this day. It has been embraced by politicians, business leaders, and celebrities and endures as a classic with readers. In his groundbreaking new book, Dr. Kabat-Zinn teaches us how to harness the power of mindfulness to effect profound change in our personal lives and in the world.

As stress continues to exact a toll on everyday life, people are increasingly turning to ancient, meditative methods, which have been tested by science, to relieve the ill effects and become more focused, healthy, and proactive. Kabat-Zinn has been for decades at the forefront of this mind/body movement and the revolution in medicine and health care it has spawned, demystifying it and bringing it into the mainstream. In *Coming to Our Senses*, he shares how every human has the capacity to mobilize deep, innate resources for continual learning, growing, healing, and transformation through mindfulness.

Woven into eight parts, *Coming to Our Senses* uses anecdotes and stories from Kabat-Zinn's own life experiences and work in his clinic to illustrate healing possibilities. At its core, the book offers remarkable insight into how to use the five senses -- touch, hearing, sight, taste, and smell, plus awareness itself -- as a path to a healthier, saner, and more meaningful life.

This is the definitive book for our time on the connection between mindfulness, health, and our physical and spiritual well-being.

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