



Mindfulness para principiantes (Spanish Edition)

Jon Kabat-Zinn

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International mindfulness expert Jon Kabat-Zinn distills years of practicing and teaching mindfulness in this accessible guide for beginners. Among the essential attitudes and practices covered in the book are the importance of staying connected with the body and the senses; how thoughts self-liberate when touched by awareness; going beyond the individual's story and connecting with direct experience; stabilizing awareness and presence amid daily activities; and the three fundamental mental factors that can provoke suffering. This book, and the accompanying audio CD, which includes five guided meditations, shows readers how directing their awareness time and again to what is happening in the moment can lead to a more clear, reliable, and loving connection with themselves and the world.

El experto internacional en el mindfulness Jon Kabat-Zinn destila años de práctica y enseñanza del mindfulness en esta asequible guía para principiantes. Entre las actitudes y prácticas esenciales abarcadas en el libro están la importancia de conectar con el cuerpo y los sentidos; la manera en la que los pensamientos se auto-liberan al ser tocados por la conciencia; ir más allá de la historia del individuo y conectar con la experiencia directa; estabilizar la atención y presencia en medio de las actividades cotidianas; y los tres factores mentales fundamentales que provocan el sufrimiento. Este libro, y el CD acompañante, el cual incluye cinco meditaciones guiadas, le muestran al lector cómo el enfocar su atención vez tras vez en lo que está sucediendo en el momento puede llevar a una conexión más clara, fiable y amorosa con sí mismo y con el mundo.

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