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He is the author of Full Catastrophe  
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Stress, Pain, and Illness is a book by Jon  
Kabat-Zinn, first published in 1990,  
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background of MBSR, Kabat-Zinn  
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interventions, and lays out an approach to mi

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Full catastrophe living : using the wisdom of your body and mind to face stress, pain, and illness /. A guide to awareness meditation methods offers a program for coping with illnesses as well as everyday stress. Kabat-Zinn, Jon. University of Massachusetts Medical Center/Worcester. Stress Reduction Clinic.

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**Jon Kabat-Zinn - Wikipedia**

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Paperback - May 1 1990. by Jon Kabat-Zinn (Author), Thich Nhat Hanh (Author) 4.5 out of 5 stars 1,006 ratings. See all formats and editions.

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