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Jon Kabat-Zinn, is renowned for his work as a scientist, writer, and teacher bringing mindfulness into everyday life. He has dedicated his career to the fields of

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As founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center, Jon Kabat-Zinn teaches mindfulness meditation to housewives

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Jon Kabat-Zinn, Ph.D., is a meditation teacher, writer and scientist. Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life;

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A professor of medicine and renowned researcher in the study of mindfulness-based stress reduction, Jon Kabat-Zinn, PhD, is one of the leading pioneers in bringing

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