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Jon Kabat-Zinn (born Kabat on June 5, 1944) Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life. Hyperion Books, 2005. ISBN 1-4013-0778-7.

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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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