



MINDFULNESS PARA PRINCIPIANTES **(Spanish Edition)**

Jon Kabat-Zinn

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El maestro, el científico y el clínico que demostró a la medicina occidental los beneficios del mindfulness reúne aquí las actitudes fundamentales y las prácticas esenciales más útiles que ha descubierto con sus alumnos, entre las cuales cabe destacar: la importancia de conectar con nuestro cuerpo y nuestros sentidos; al ser tocados por la conciencia, nuestros pensamientos se «autoliberan»; ir más allá de nuestra «historia» y conectar con la experiencia directa; estabilizar nuestra atención y presencia en medio de las actividades cotidianas; tres factores mentales fundamentales que provocan sufrimiento. Para vivir una vida más atenta basta con prestar atención a lo que está sucediendo. Pero quien ha tratado de llevar a la práctica esta prescripción sabe bien que es precisamente entonces cuando empiezan las dificultades y las preguntas. Este libro proporciona respuestas y enseñanzas para conectar de un modo más claro, fiable y amoroso con nosotros mismos y con el mundo.

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