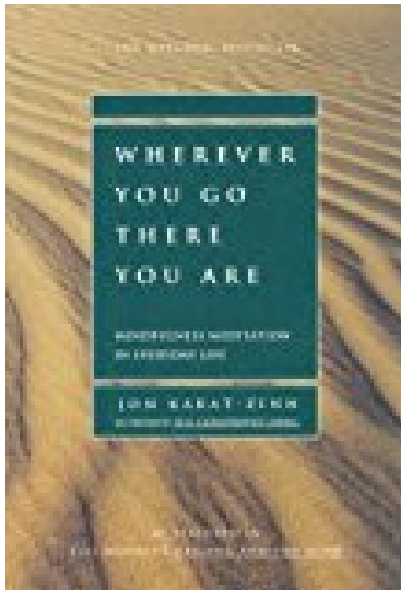


Wherever You Go There You Are Mindfulness Meditation in Everyday Life



BOOK DETAILS

- Author : Jon Kabat-Zinn
- Pages : 280 Pages
- Publisher : MJF Books
- Language : English
- ISBN : 1567319920

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BOOK SYNOPSIS

The time-honored national bestseller, updated with a new afterword, celebrating 10 years of influencing the way we live. When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

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