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*Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness [Jon Kabat-Zinn, Thich Nhat Hanh] on Amazon.com. \*FREE\* shipping on qualifying offers. The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years Stress.*

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*Full Catastrophe Living is a manual for developing your own personal meditation practice and learning how to use mindfulness to promote improved health and*

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