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Full catastrophe living; using the wisdom of your body and mind to face stress, pain and illness. Jon Kabat-Zinn, 1996
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Full catastrophe living : using the wisdom of your body and mind to face stress, pain, and illness /. A guide to awareness meditation methods offers a program for coping with illnesses as well as everyday stress. Kabat-Zinn, Jon. University of Massachusetts Medical Center/Worcester. Stress Reduction Clinic.

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Full catastrophe living: using the wisdom of your body and mind to face stress, pain, and illness. Delta Trade Paperbacks, 1991. ISBN 0-385-30312-2. Mindfulness Meditation for Everyday Life. Piatkus, 1994. ISBN 0-7499-1422-X. Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life. Hyperion Books, 1994. ISBN 1-4013-0778-7.

Jon Kabat-Zinn - Wikipedia

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