



Guided Mindfulness Meditation Series 3

Jon Kabat-Zinn

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Ten Guided Mindfulness Practices to Cultivate Intimacy with the Present Moment and Your Life

In a world where our attention gets distracted and diverted at every turn, mindfulness brings it back and stabilizes it where it matters most-in the here and now. With *Guided Mindfulness Meditation Series 3*, Jon Kabat-Zinn leads you with friendliness and care through 10 "mindfulness landscapes," including:

- The Soundscape and Mindscape-Bringing your awareness to the outer world and the inner terrain of your thoughts and emotions
- The Heartscape-Cultivating lovingkindness, compassion, and healing for yourself and others
- The Nowscape-Moving beyond specific objects of meditation to rest in the spaciousness of "choiceless awareness"
- The Lifescape-Letting life itself become the meditation practice and the meditation teacher

This program also includes "breathscape" and "bodyscape" meditations, a guided walking meditation, a restorative yoga-like lying down practice, and a study guide with suggestions for how to best use these practices. If you are seeking to explore new domains of awareness and healing, or to enrich and deepen a long-standing meditation practice, *Guided Mindfulness Meditation Series 3* offers rich and varied terrain for you to inhabit and explore.

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