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Amazon.com: Mindfulness as Medicine: A Story of Healing ...

Mindfulness-based stress reduction was born in 1979. In the early years, it was a modest program. Then, in 1990, Kabat-Zinn put out his first book, Full Catastrophe Living, which contained detailed descriptions and instructions on all facets of the program he had developed in his stress-reduction clinic at UMass.

The Man Who Prescribes the Medicine of the Moment - Mindful

A 2017 report published in the Journal of Clinical Medicine reviewed results from 115 studies and found that mindfulness improved physician-patient communication, enhanced physicians' empathy, and improved quality of care. Mindfulness practice alone won't heal a broken system, of course.

The Medicine of the Moment - Mindful

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Mindfulness - NHS

Mindfulness as Medicine A Story of Healing Body and Spirit Before she became a Buddhist nun in the tradition of Thich Nhat Hanh, Sister Dang Nghiem was a doctor. She'd traveled far in her 43 years.

Mindfulness as Medicine | Plum Village

Mindfulness as Medicine A Story of Healing Body and Spirit (Paperback) : Dang Nghiem : "Before she became a Buddhist nun in the tradition of Thich Nhat Hanh, Sister Dang Nghiem was a doctor. Born during the Tet Offensive and part of the amnesty for Amerasian children of the late 1970s, Dang Nghiem arrived in this country virtually penniless and with no home.

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