



Arriving at Your Own Door: 108 Lessons in Mindfulness

By Jon Kabat-Zinn

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Mindfulness opens us up to the possibility of being fully human as we are, and of expressing the humane in our way of being. Mindlessness de facto closes us up and denies us the fullness of our being alive. This book may on the surface appear to be merely another offering in the genre of daily readings. But deep within these 108 selections lie messages of profound wisdom in a contemporary and practical form that can lead to both healing and transformation. We so urgently need to rotate in consciousness in order to safeguard what precious sanity is available to us on this planet. How we carry ourselves will determine the direction the world takes because, in a very real way, we are the world we inhabit. Our world is continuously being shaped by our participation in everything around us and within us through mindfulness. This is the great work of awareness. Welcome to the threshold . . . to the fullness of arriving at your own door!

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Editorial Review

Review

"Coming to Our Senses invites us to sanity, offering a practical, life-altering way to cut through the clutter."

"A deeply optimistic book, grounded in good science and filled with practical recommendations for moving in the right direction."

"A passionate tour de force that blends personal experience with cutting-edge science (his own and others'), poetry, and insights culled from many traditions...Ardent, personal, frankly opinionated in places, this book seeks to wake us up as individuals and as a culture. It is a treasure trove of contemporary wisdom."

About the Author

Jon Kabat-Zinn is the founder and former director of the Stress Reduction Clinic at the University of Massachusetts Medical Center. He also travels across the country teaching workshops on stress reduction and mindfulness. He lives with his family in Lexington, MA.

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