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Wherever You Go: Amazon.co.uk: Pat Zietlow Miller, Eliza ...

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As the son of a Delta pilot and a flight attendant, Daniel had always loved to travel, but after Lonely Planet it morphed into a mission—to spread the word about travel ' s unique power to change hearts and minds. In Wherever You Go, he speaks for, and to, a new generation, who want more out of travel than a list of experiences. They use it to develop empathy and cultural awareness, whether flying across the world or just heading to a different neighborhood for dinner.

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About the Author Jon Kabat-Zinn, Ph.D. has been a student and practitioner of meditation and yoga for three decades. He is the founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center and an Associate Professor of Medicine at the University of Massachusetts Medical School.

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Jon Kabat-Zinn

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Wherever You Go Author Dr Heather Davis Nov 2011

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In Wherever You Go, There You Are, Jon Kabat-Zinn provides access to the essence of meditation and its applications for both the beginner and those who wish to deepen and expand their practice. He embodies what he describes." Dean Ornish, M.D. Author of Love and Survival and Dr. Dean Ornish's Program for the Reversal of Heart Disease

Books by Jon Kabat-Zinn - Mindfulness Meditation

Wherever you go, there are always going to be places that will feel especially close to your heart. You ' ll follow the news about its fate as you would do it with a close friend who is experiencing some serious troubles – with concern, frantically searching for ideas how you could help, and feeling devastated when it turns out that not much you can do will change the situation.

Author: whereeveryougo - Whereeveryougo's Blog

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