

Mindfulness

en la vida cotidiana

Cómo descubrir las claves
de la atención plena



PAIDOS

J O N K A B A T - Z I N N

The background of the cover is a photograph of a person wearing a red hoodie, sitting on a wooden pier. The pier is made of parallel wooden planks that lead towards a calm body of water. In the distance, there are hills or mountains under a sky with soft, golden light, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

Jon Kabat-Zinn

MINDFULNESS PARA
ALIVIAR EL DOLOR

Contiene CD con 7 meditaciones en MP3

Kairós