

# 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

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MINDFULNESS PARA  
ALIVIAR EL DOLOR

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Contiene CD con 7 meditaciones en MP3

Kairós