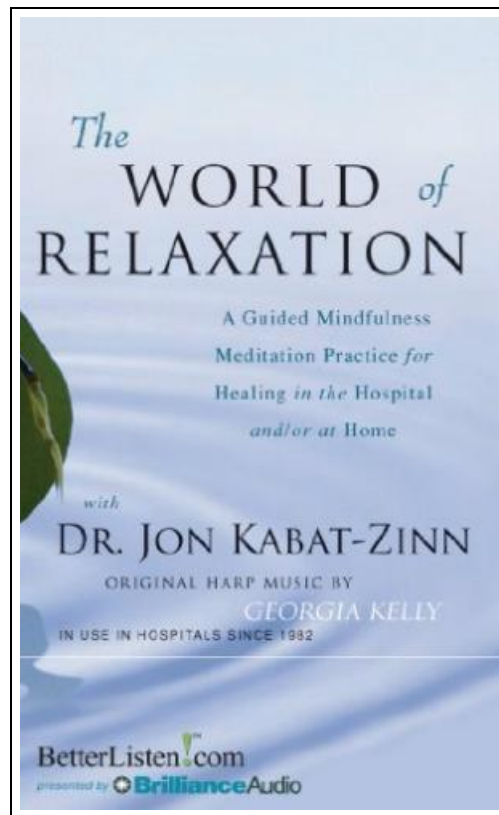


## The World of Relaxation: A Guided Mindfulness Meditation Practice for Healing in the Hospital AndOr at Home



Filesize: 6.75 MB

### **Reviews**

*Complete information for publication enthusiasts. I have go through and that i am confident that i will gonna go through once more again in the future. Its been printed in an exceptionally basic way and is particularly just following i finished reading through this book by which basically altered me, alter the way i really believe.*

**(Angela Kuhn)**

## THE WORLD OF RELAXATION: A GUIDED MINDFULNESS MEDITATION PRACTICE FOR HEALING IN THE HOSPITAL AND/OR AT HOME

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Brilliance Audio. No binding. Condition: New. Dimensions: 6.5in. x 5.4in. x 0.7in. The World of Relaxation was conceived as a way to reach out to patients lying in bed in the hospital and inviting them to experiment inwardly, with Jons guidance, in bringing mindful awareness to their present-moment circumstances, utilizing the occasion of having to lie in bed for some time whatever the viewers medical condition and prognosis to do something for him or herself to promote healing of the mind and body, as a vital complement to whatever the health care system and ones doctors are doing by way of medical treatments and rehabilitation. Over one hundred hospitals have used this program over the years on their in-house television channels, and doctors often prescribe it to their patients, recommending that they practice with it several times a day. The program is meant to be done by the listener, rather than simply listened to. During most of the time, the listener is encouraged to have his or her eyes closed. In the past 30 years, Dr. Kabat-Zinns eight-week out-patient mindfulness-based stress reduction (MBSR) program has spread from the University of Massachusetts Memorial Medical Center to hospitals and clinics across the United States and around the world and occasioned an entire field of clinical medicine and basic and clinical research, much of which has already demonstrated the profoundly positive mental and physical health consequences of practicing mindfulness meditation both formally and informally in ones daily life. The practices in The World of Relaxation are guided meditations similar to the formal practices in MBSR, particularly mindfulness of breathing, body sensations, thoughts and emotions; and the body scan. The original harp music by Georgia Kelly was composed specifically for this program and is played by the composer. Harp music has been associated with healing...

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