

### Summary Jon Kabat-Zinn's Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life

By Ant Hive Media



Summary Jon Kabat-Zinn's Wherever You Go, There You Are:
Mindfulness Meditation in Everyday Life By Ant Hive Media
This is a Summary & Analysis of Wherever You Go, There You Are:
Mindfulness Meditation in Everyday Life by Jon Kabat-Zinn. Examined is the theory of mindfulness meditation and how it might be practiced in daily life.
Here you will find both introductory as well as advanced techniques using mindfulness meditation.

#### About the Author

Ant Hive Media reads every chapter, extracts the understanding and leaves you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours.



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