



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

## **Summary**

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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. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 304 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. 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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