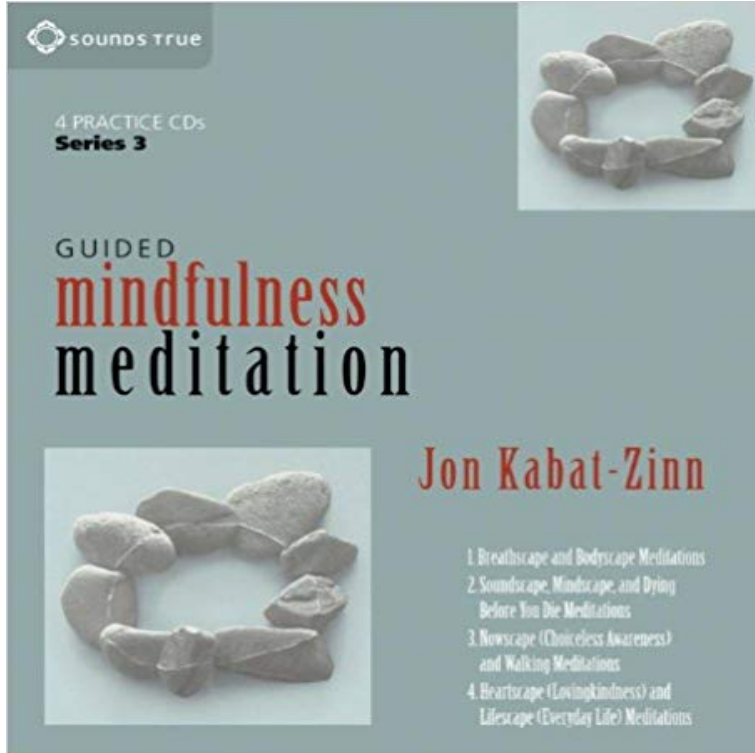


# Guided Mindfulness Meditation Series 3



Ten Guided Mindfulness Practices to Cultivate Intimacy with the Present Moment and Your Life In a world where our attention gets distracted and diverted at every turn, mindfulness brings it back and stabilizes it where it matters most-in the here and now. With Guided Mindfulness Meditation Series 3, Jon Kabat-Zinn leads you with friendliness and care through 10 mindfulness landscapes, including: The Soundscape and Mindscape-Bringing your awareness to the outer world and the inner terrain of your thoughts and emotions The Heartscape-Cultivating lovingkindness, compassion, and healing for yourself and others The Nowscape-Moving beyond specific objects of meditation to rest in the spaciousness of choiceless awareness The Lifescape-Letting life itself become the meditation practice and the meditation teacher This program also includes breathscape and bodyscape meditations, a guided walking meditation, a restorative yoga-like lying down practice, and a study guide with suggestions for how to best use these practices. If you are seeking to explore new domains of awareness and healing, or to enrich and deepen a long-standing meditation practice, Guided Mindfulness Meditation Series 3 offers rich and varied terrain for you to inhabit and explore.

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