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Jon kabat- zinn - university of massachusetts

JON KABAT-ZINN, PhD, is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, Full Catastrophe Living:

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Jon Kabat-Zinn is a professor of medicine emeritus and founding director of the Mindfulness-Based including the best-selling Full Catastrophe Living and Coming to

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Full catastrophe living: using the wisdom of your

Author information. Jon Kabat-Zinn, Ph.D., is a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society.

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