Worcester District Medical Society and the Humanities in Medicine Committee of the Lamar Soutter Library Invite you to

A Talk and Book Signing
By
Jon Kabat-Zinn, PhD

Mindfulness for Beginners: Reclaiming the Present Moment and Your Life (Sounds True, 2012), will be available for purchase.

Wednesday, May 16, 2012

Book signing and reception 5:30 to 6:30pm
in the
UMass Medical School Lobby
Light refreshments and cash bar serving wine

Talk at 6:30
Faculty Conference Room

Jon Kabat-Zinn, Ph.D. is a scientist, writer, and meditation teacher. He is Professor of Medicine emeritus at the University of Massachusetts Medical School, where he was founding executive director of the Center for Mindfulness in Medicine, Health Care, and Society (1995), and founder (in 1979) and former director of its world-renown Mindfulness-Based Stress Reduction (MBSR) Clinic.

He is the author of Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness (Dell, 1990, 2005), Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life (Hyperion, 1994, 2005), and many other titles.

To Register
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