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Jon Kabat-Zinn is an author, a professor of Medicine Emeritus, founder of the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts.. He is also the creator of the mindfulness movement and the mindfulness-based stress reduction program (MBSR). "Full Catastrophe Living Summary"

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Jon Kabat-Zinn (born Jon Kabat, June 5, 1944) is an American professor emeritus of medicine and the creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine,

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