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This is a well-executed book, written in
rhyme, and there's no doubt the author

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has talent. But I can't help thinking this is a rip off off of Dr Seuss's "The Places You'll Go." It's my opinion that the award-winning illustrator has brought more to the table in "Wherever You Go."

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About the Author Jon Kabat-Zinn, Ph.D. has been a student and practitioner of meditation and yoga for three decades. He is the founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center and an Associate Professor of Medicine at the University

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Jon Kabat-Zinn

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Confucius said, "Wherever you go, go with all your heart." Think about what we just described. It's a difference between being energized, excited in mind and body versus depressed and flat. It only takes a moment. You can do this. Give it a shot. Think about the Motivation Strategy but let's take just a little step further than that.

Dr. Larry Iverson | (9) Wherever You
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Books by Jon Kabat-Zinn -
Mindfulness Meditation

Wherever you go, there are always going to be places that will feel especially close to your heart. You'll follow the news about its fate as you

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Feb 2013
would do it with a close friend who is experiencing some serious troubles □ with concern, frantically searching for ideas how you could help, and feeling devastated when it turns out that not much you can do will change the situation.

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