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Woven into eight parts, *Coming to Our Senses* uses anecdotes and stories from Kabat-Zinn's own life experiences and work in

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his clinic to illustrate healing possibilities.

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Coming to Our Senses: Healing Ourselves and the World

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"Coming to our senses involves cultivating an overarching awareness of all our senses, including our own minds, and their limitations, including the temptation when we feel deeply insecure and have a lot of resources, to try to control as rigidly

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and as tightly as possible all variables in the external world, an impossible and ultimately depleting, intrinsically violent, and self-exhausting enterprise.”

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Coming To Our Senses: Healing Ourselves and the World

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Jon Kabat-Zinn: Coming to Our Senses

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