



I'm not a robot

































Jon Kabat-Zinn, Ph.D. is internationally known for his work as a scientist, writer, and When anxiety & stress take over, listen to the In challenging and uncertain times, building emotional resilience is more important than ever. This quality can be thought of as theÂ ... Are you bothered by stress, anxiety and depression? Do you want to discover a higher spiritual dimension and growth? Do you ... Take a pause from your events of daily life to take care of yourself so that you can tap into your own personal resources and beÂ ...