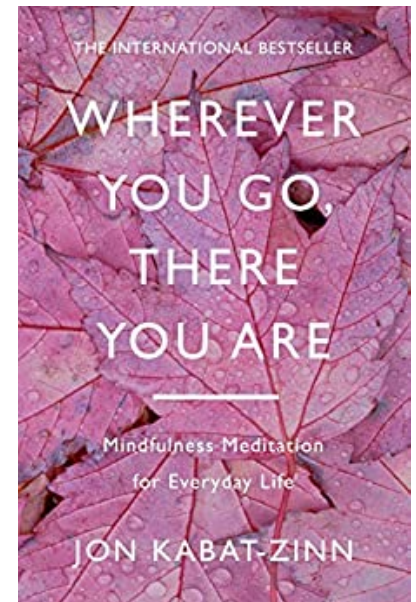


Wherever You Go, There You Are Book Summary (PDF) by Jon Kabat-Zinn

Ready to learn the most important takeaways from Wherever You Go, There You Are in less than two minutes? Keep reading!



Why This Book Matters:

Wherever You Go, There You Are helps readers leave the past and future where they belong and learn to exist in the present.

The Big Takeaways:

1. **Mindfulness is living with awareness and respect for right now.**
 1. If Mindfulness is turning off autopilot and welcoming ourselves to the present moment.
2. **We achieve mindfulness by making our focus singular.**
 1. We have to concentrate on one thing at a time to truly acknowledge moments in time.
3. **Dismissing negative feelings when possible helps achieve mindfulness.**

1. Emotions like irritation and unnecessary anger can be replaced with tolerance and understanding.
4. **Meditation is a formal practice of mindfulness.**
 1. Meditation can be used as a time to focus on your breathing, teaching you many things about mindfulness through the practice alone.
5. **Informal meditation exists, like standing or walking, and is just as valid.**
 1. Meditation's main goal is to bring awareness to how your body moves and its connectedness to your environment. This can be achieved in more ways than traditional meditation.

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