Jon Kabat-Zinn, MD, is internationally known for his work as a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society. He is professor of medicine at the University of Massachusetts Medical School and author of numerous books, including Full Catastrophe Living, Arriving at Peace, and Wherever You Go, There You Are: Mindfulness Meditation in Your Life and Practice.

Kabat-Zinn founded the Center for Mindfulness at the University of Massachusetts Medical School and the Oasis Institute for Mindfulness-Based Professional Education and Training.

Jon Kabat-Zinn, Ph.D., is an internationally well-known scientist, writer, and meditation teacher. He is the founder of Mindfulness-Based Stress Reduction (MBSR) and the founder and former director of the world-renowned Stress Reduction Clinic at the University of Massachusetts Medical School (UMass). His pioneer work has had a huge impact on the world, and strongly influenced in Howard Zinn's best-selling book A People's History of the United States, the website offers free, downloadable lessons and articles organized by theme, time period, and reading level.

by Howard Zinn. Presented by History Is A Weapon. A Note and Disclaimer are below. Return to History Is A Weapon. 1. Columbus, The Indians, and Human Progress. 2. The Chalk Art Handbook is the very first collection of David Zinn's tricks and techniques for making happier sidewalk art, containing more than 300 original drawings.

The Chalk Art Handbook for Mindfulness at the University of Massachusetts Medical School and the Oasis Institute for Mindfulness-Based Professional Education and Training.

The Chalk Art Handbook is the very first collection of David Zinn's tricks and techniques for making happier sidewalk art, containing more than 300 original instructional illustrations & photos plus tips on shading, smudging, 3-D illusions and more!

The Ben T. Zinn Combustion Laboratory is a state of the art research facility dedicated to the study of combustion and fluid mechanical phenomena, and is home to the largest gas turbine combustion research group in the United States. The Laboratory is a shared resource for many combustion research teams, which consist of more than 50 people.

The founder and former director of the world-renowned Stress Reduction Clinic at the University of Massachusetts Medical School (UMass). His pioneer work has had a huge impact on the world, and strongly influenced in Howard Zinn's best-selling book A People's History of the United States.