

# Jon Kabat Zinn Mindfulness

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JON KABAT-ZINN, PhD, Is Founding Executive Director Of The Center For Mindfulness In Medicine, Health Care, And Society At The University Of Massachusetts Medical School. He Is Also The Founding Director Of Its Renowned Stress Reduction Clinic And Professor Of Medicine Emeritus At The University Of Massachusetts Medical School. Apr 24th, 2019

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### **Jon Kabat-Zinn - Wikipedia**

Jon Kabat-Zinn (born Jon Kabat, June 5, 1944) Is An American Professor Emeritus Of Medicine And The Creator Of The Stress Reduction Clinic And The Center For Mindfulness In Medicine, Health Care, And Society At The University Of Massachusetts Medical School. Apr 15th, 2019

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