

The Program of the Stress Reduction Clinic at  
the University of Massachusetts Medical Center

# FULL CATASTROPHIC LIVING



Using the Wisdom  
of Your Body and  
Mind to Face Stress,  
Pain, and Illness

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Preface by Thich Nhat Hanh

Foreword by Joan Borysenko, Ph.D.

# The Full Catastrophe

**RM Cervero**



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