

Mindfulness: An Eight-Week Plan For Finding Peace In A Frantic World [Abridged] [Audible Audio Edition] By Mark Williams;Danny Penman;Jon Kabat-Zinn

By Mark Williams;Danny Penman;Jon Kabat-Zinn

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Jan 19, 2012 Mark Williams is the author of "Mindfulness: An Eight-week Plan For Finding Peace in a Frantic World." <http://www.npr.org/2012/01/20/145525002/be-here-now-meditation-for-the-body-and-brain>

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