

MINDFULNESS PRACTICE RESOURCE GUIDE

Basic Mindfulness Practice:

- Insight Meditation: A Step-By-Step Course on How to Meditate, with Sharon Salzberg and Joseph Goldstein. Includes a workbook, study cards, and 2 cd's
- The Present Moment: A Retreat on the Practice of Mindfulness, by Thich Nhat Hanh. 6 cd's of mindfulness practice.
- This One Moment: Skills for Everyday Mindfulness, by Marsha Linehan. Disc 4 in "From Chaos to Freedom" series DVD's. 55 minutes long
- Getting in the Gap: Making Conscious Contact with God Through Meditation, by Dr. Wayne W. Dyer. Book that includes a meditation cd.
- The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams, by Deepak Chopra. Book on Buddhist teachings that relate to mindfulness practice.
- Meditation Secrets for Women: Discovering Your Passion, Pleasure, and Inner Peace, by Camille Maurine & Lorin Roche, Ph.D. Book that includes meditations.
- Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, by Jon Kabat-Zinn, Ph.D. Book on mindfulness meditation and healing
- Meditations2, by Thanissaro Bhikkhu. Book of Dharma talks- readings on Buddhism and mindfulness
- Wherever You Go There You Are: Mindfulness Meditation in Everyday Life, by Jon Kabat-Zinn, Ph.D. Book on mindfulness
- Walking Meditation, by Nguyen Anh-Huong & Thich Nhat Hanh. Includes book, instructional DVD, and 5 guided meditations on CD.
- Guided Meditations, Explorations, and Healings, by Stephen Levine. Book on mindfulness meditations.
- Radical Acceptance: Embracing Your Life With the Heart of a Buddha, by Tara Brach, Ph.D. Book that includes mindfulness meditations and focuses on healing shame
- The Breathing Book: Good Health and Vitality Through Essential Breath Work, by Donna Farhi. Book mainly on breath work
- Savor: Mindful Eating, Mindful Life, by Thich Nhat Hanh and Lillian Cheung. Diet and meditation book

Mindfulness for Addiction Recovery:

- Mindful Recovery: A Spiritual Path to Healing from Addiction, by Thomas Bien, Ph.D. and Beverly Bien, M.Ed.

Mindfulness for Anger:

- Anger: Wisdom for Cooling the Flames, by Thich Nhat Hanh.

Mindfulness in Relationships:

- How To Be An Adult in Relationships: The Five Keys to Mindful Loving, by David Richo

For Staff/Professionals:

- Mindfulness and Psychotherapy, Eds. Christopher K. Germer, Ronald D. Siegel, and Paul R. Fulton