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.


- **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

- **Meditations 2**, 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


- **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:


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