

Recommended Reading

The following are just to make you aware of some of the books that you may like to look at to support your practice. There are many many others!

Kabat-Zinn, Williams, Segal, Teasdale (2007) ***The Mindful Way Through Depression*** A very readable book written by the four key players in developing the mindfulness 8-week course. Explores the 8-week course and how it can help. It is just as relevant for those not suffering from Depression. Includes CD with core practices.

* Kabat-Zinn also produces various cds with different meditations. See <http://www.mindfulnessstapes.com> (this site also includes details of Jon's lectures and other workshops)

Kabat-Zinn, J., 1990, ***Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain and illness***, Delta, New York. Probably the most useful book in this list. An in-depth look at the Mindfulness-based Stress Reduction course at the Stress Reduction Clinic in Massachusetts.

Kabat-Zinn, J., 1994, ***Wherever You Go, There You Are: Mindfulness meditation in everyday life***, Hyperion, New York. (Note that there is a UK edition of this book which has a different title *Mindfulness Meditation for Everyday Life* published by Piatkus Press) Good to dip into in brief moments of quiet! This is a great book if you've done the 8-week course and want to support your practice.

Kabat-Zinn, J, ***Coming to Our Senses*** (Piatkus). Kabat-Zinn looks at how mindfulness can bring radical changes to our lives.

Kabat-Zinn, Jon and Myla, 1997 ***Everyday Blessings The Inner Work of Mindful Parenting*** (Hyperion) "At last an emotionally intelligent guide for parents!" Daniel Goleman

Kornfield, J., 1994, ***A Path with Heart: The classic guide through the perils and promises of spiritual life***, Rider, New York. Beautiful! Very practical and packed with advice on how to deal with things that arise from practice. Can go back to it time and again.

- Jack Kornfield also produces various cds with recordings of his teachings see below

Kornfield, Jack, ***After the Ecstasy, the Laundry. How the Heart Grows Wise on the Spiritual Path***, (Bantam Books)

Santorelli, S., 1999, ***Heal Thy Self: Lessons on mindfulness in medicine***, Bell Tower, New York.

By one of Kabat-Zinn's colleagues at Umass; of particular interest to health professionals but relevant to all. Has some lovely meditations in it.

Segal, Z.V., Williams, J.M.G., Teasdale, J.D., 2002, ***Mindfulness-Based Cognitive Therapy for Depression: A new approach to preventing relapse***, Guilford Press, New York, London.

A readable account of the development of Mindfulness-based Cognitive Therapy and how it emerged from Mindfulness-based Stress Reduction; suitable for those interested in teaching mindfulness at some stage.

Brantley, Jeffrey, ***Calming Your Anxious Mind*** New Harbinger Publications.
A short and very readable book with the emphasis on mindfulness and anxiety but also worry/stress etc in general.

Chodron, Pema
The Wisdom of No Escape
The Places that Scare You
Start Where You are
When Things Fall Apart

Pema Chodron is one of the most renowned Western teachers of Buddhism. She is the resident teacher of Buddhism at Gampo Abbey in Cape Breton, Nova Scotia. Practical advice about meditation but also a strong element of Buddhist teachings.

* Pema Chodron also produces various cds with recordings of her teachings see below

DVDS/CDS

QiQong: Beginning Practice, Francesco and Daisy-Lee Garripolli (DVD)
A 2-disc set introducing the basic principles of qi qong, workouts (including the Shaolin Temple Self-Healing Massage) and more. Additional cd is a documentary on Qiqong: Ancient Chinese Healing for the 21st century.

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VIDEO LINKS THROUGH THE INTERNET

Mindfulness Stress Reduction and Healing

Jon Kabat-Zinn - at Google (I) (74 mins)

<http://www.youtube.com/watch?v=rSU8ftmmhmw>

Mindfulness with Jon Kabat-Zinn - (II)

Kabat-Zinn leads a mindfulness session at Google (72 mins)

http://www.youtube.com/watch?v=3nwwKbM_vJc

Change Your Mind Change Your Brain

Matthieu Ricard at Google (59 mins)

http://www.youtube.com/watch?v=3nwwKbM_vJc

Jon Kabat-Zinn 'Coming to our Senses' (57 mins)

<http://www.learnoutloud.com/Free-Audio-Video/Religion-and-Spirituality/Buddhism/Jon-KabatZinn/19408>