

Books and Online Resources

- Baraz, James, *Awakening Joy: Ten Steps to Happiness*
- Bennett-Goleman, Tara, *Emotional Alchemy: How the Mind can Heal the Heart*
- Brach, Tara, *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*
- Brach, Tara, *True Refuge: Finding Peace and Freedom in Your Own Awakened Heart* (2012)
- Chodron, Pema, *When Things Fall Apart*
- Chodron, Pema, *Living With Uncertainty*
- Chodron, Pema, *Taking the Leap*
- Chodron, Pema, *The Pema Chodron Audio Collection (CD'S)*
- Culadasa, *The Mind Illuminated*
- Epstein, Mark, *Going to Pieces without Falling Apart*
- Epstein, Mark, *Thoughts Without a Thinker*
- Epstein, Mark, *Going on Being*
- Germer, Christopher, *The Mindful Path to Self-Compassion*
- Gilbert, Paul, *The Compassionate Mind*
- Gilbert, Paul, *Mindful Compassion*
- Goldstein, Joseph and Jack Kornfield, *Seeking the Heart of Wisdom*
- Goldstein, Joseph, *Insight Meditation: The Practice of Freedom*
- Goldstein, Joseph, *Mindfulness: A Practical Guide to Awakening*
- Gunaratana, Bhante Henepola, *Mindfulness in Plain English*
- Hanh, Thich Nhat, *Transformation and Healing*
- Hanh, Thich Nhat, *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*
- Hanh, Thich Nhat, *Peace is Every Step*
- Hanh, Thich Nhat, *True Love*
- Hanh, Thich Nhat, *Meditation and Psychotherapy (CD's)*
- Hanh, Thich Nhat, *Anger (CD's)*
- Hanh, Thich Nhat, *The Present Moment (CD'S)*
- Hanson, Rick and Richard Mendius, *Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom*
- Hanson, Rick, *Just One Thing: Developing a Buddha Brain One Simple Practice at a Time*
- Hanson, Rick, *Hardwiring Happiness*
- Kabat-Zinn, Jon, *Full Catastrophe Living*
- Kabat-Zinn, Jon, *Wherever You Go There You Are*
- Kabat-Zinn, Jon, *Coming to Our Senses*
- Kabat-Zinn, Jon and Myla, *Everyday Blessings: The Inner Work of Mindful Parenting*
- Kabat-Zinn, Jon, *Guided Mindfulness Meditation (CD's)*
- Kitchen, Kate et al, *Meditation for Mindfulness (CD set)*
- Kornfield, Jack, *A Path With Heart*
- Kornfield, Jack, *The Inner Art of Meditation (CD set)*

Kornfield, Jack, *Guided Meditation (CD set)*
 Kornfield, Jack, *The Wise Heart (CD set or book)*
 Kornfield, Jack, *The Art of Forgiveness, Lovingkindness, and Peace*
 Mate, Gabor, *When the Body Says No*
 Neff, Kristin, *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*
 Orsillo, Susan M and Lizabeth Roemer, *The Mindful Way Through Anxiety*
 Rosenberg, Larry, *Breath by Breath: The Liberating Practice of Insight Meditation*
 Salsberg, Sharon, *Loving-Kindness: The Revolutionary Art of Happiness*
 Salzberg, Sharon, *Real Happiness (book and CD of Basic Meditations)*
 Salzberg, Sharon, *Real Happiness at Work*
 Siegal, Dan, *The Mindful Brain: Reflections and Attunement in the Cultivation of Well-Being*
 Teasdale, Williams and Segal, *The Mindful Way Workbook (book, CD & downloads)*
 Van der Kolk, Bessel, *The Body Keeps the Score*
 Williams, Mark, John Teasdale, Zindel Segal, and Jon Kabat-Zinn, *The Mindful Way Through Depression (book and CD)*

Apps:

- Insight Timer: Free guided meditations from Thich Nhat Hanh and many other teachers (Jon Kabat Zinn, Tara Brach, Jack Kornfield, Kaira Jewell etc.)
- Headspace: guided meditations, animations, articles and videos (free and paid versions)
- Stop, Breathe & Think: guided meditations (mindfulness & compassion)
- Plum Village: guided Zen meditations.
- MindBell (Androids Only): Meditation timer with bell and can be set to ring periodically during the day as a reminder to stop, breathe and smile.
- Spire: mindfulness, breath and activity tracker.

Websites:

www.heartspace.ca Dr. Shira Taylor's website containing free downloads of guided meditations and yoga practices

www.mindfulmood.com Dr. Ginny McFarlane's website containing free downloads of guided meditations suitable for her workshops.

www.dharmaseed.org Free downloads of Insight Meditation talks and guided meditations in the Buddhist tradition.

www.mindfulwaythroughanxietybook.com Free audio downloads of short meditations from The Mindful Way Through Anxiety.

www.mindfulselfcompassion.org Website on Self-Compassion by Christopher Germer, PhD.

www.self-compassion.org Website on Self-Compassion by Kristin Neff, PhD.
www.soundstrue.com Guided meditations or talks by various teachers such as, Tara Brach, Pema Chodron, the Dalai Lama, Joseph Goldstein, Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg and Thich Nhat Hanh.
www.tarabrach.com Website contains text, talks and guided meditations.
www.themindfulnessclinic.ca Free downloads of meditations useful for The Mindful Mood Workshop.
www.wisebrain.org Website on the interface of meditation and neuroscience by Rick Hanson Ph.D. Contains text, talks and guided meditations.

Websites for Professional Development

Compassion Summit, Summer 2015: Free talks about Mindfulness and Compassion, includes Neuroscience: <http://theglobalcompassionsummit.com/program>
Greater Good Science Center, UC Berkley: Talks, articles, courses about Mindfulness, Compassion etc: <http://greatergood.berkeley.edu>
Hanson, Rick, Summer of Peace, 2015: Free talk: Positive Neuroplasticity, <http://summerofpeace.net/program/89>
Hanson, Rick, official website: <https://www.rickhanson.net>
Kabat-Zinn, Jon, official website: <http://www.mindfulnesscds.com>
McFarlane, Ginny: Mindful Mood Centre: Free guided meditations: <http://www.mindfulmood.com>
Neff, Kristin: Official website includes research articles, free talks and guided practices: <http://self-compassion.org>
Mind and Life Institute: Programs and events to build a scientific understanding of the mind: <https://www.mindandlife.org>
PESI: Mental Health Continuing Education: Courses and talks, often free for short periods of time: <http://www.pesi.com>
Sounds True, Live On-line Training: Psychotherapy 2.0: www.soundstrue.com/store/psy20/summit
Stanford Center for Compassion and Altruism Research and Education: Courses, free talks, etc: <http://ccare.stanford.edu/about/mission-vision/>
UCLA Mindful Awareness Research Center: Free talks, guided meditations, research, courses: <http://marc.ucla.edu/body.cfm?id=16>