

## Books on Mindfulness

(Many if not all can be found at Macalester's Library)

- Start where you are By Pema Chodron
- Training in compassion By Norman Fischer
- Who ordered this truckload of dung By Ajahn Brahm
- Full catastrophe living: using the wisdom of your body and mind to face stress, pain, and illness By Jon Kabat-Zin
- Arriving at your own door: 108 lessons in mindfulness By Jon Kabat-Zin
- Coming to our senses: healing ourselves and the world through mindfulness By Jon Kabal-Zinn
- Living with your heart wide open: how mindfulness & compassion can free you from unworthiness, inadequacy & shame By Steve Flowers & Bob Stahl
- Mindful America: the mutual transformation of Buddhist meditation and American culture By Jeff Wilson
- Mindful parenting: a guide for mental health practitioners By Susan M. Bogels, Kathleen Restifo
- Mindful teaching & teaching mindfulness: a guide for anyone who teaches anything By Deborah Schoeberlein, David Suki Sheth
- Mindfulness: diverse perspectives on its meaning, origins and applications By J. Mark G Williams, Jon Kabat-Zinn
- Mindfulness and letting be: on engaged thinking and acting By Fred R. Dallmayr
- Mindfulness in action: making friends with yourself through meditation and everyday awareness By Chogyam Trungpa, Carolyn Rose Gimian
- Mindfulness in adolescence By Eva Oberle, Kimberly Schonert-Reichl
- Mindfulness-based cognitive therapy for cancer: gently turning towards By Trish Bartley
- Personal peacefulness: psychological perspectives By Gregory K Sims, Linden L. Nelson, Mindy R. Puopolo
- Seeking serenity: the 10 new rules for health and happiness in the age of anxiety By Amanda Enayati
- Spontaneous happiness: a new path to emotional well-being By Andrew Weil
- The chemistry of calm: a powerful, drug-free plan to quiet your fears and overcome your anxiety By Henry Emmons
- The mindful way through depression: freeing yourself from chronic unhappiness By J. Mark G. Williams, John D. Teasdale, Zindel V. Segal, Jon Kabat-Zinn
- The mindful revolution: leading psychologists, scientists, artists, and meditation teachers on the power of mindfulness in daily life By Barry Campbell Boyce
- The power of now: a guide to spiritual enlightenment By Eckhart Tolle
- Wherever you go, there you are: mindfulness meditation in everyday life By Jon Kabat-Zinn