**BOOKS**

**Beginning Mindfulness**

*Miracle of Mindfulness*, by Thich Nhat Hanh.

[*Peace Is Every Step: The Path of Mindfulness in Everyday Life*](http://www.amazon.ca/Peace-Every-Step-Mindfulness-Everyday/dp/0553351397/ref=sr_1_1?ie=UTF8&s=books&qid=1303839770&sr=1-1)*,* by Thich Nhat Hanh.

*Real Happiness: The Power of Meditation,* by Sharon Salzberg

**Stress**

*Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness,* by Jon Kabat-Zinn.

[*Wherever you go there you are*](http://www.amazon.ca/Wherever-You-Go-There-Are/dp/1401307787/ref=sr_1_1?ie=UTF8&s=books&qid=1303840693&sr=1-1)*,* by Jon Kabat-Zinn.

**Self-Acceptance and Self-Compassion**

*Radical Acceptance: Embracing Your Life With the Heart of a Buddha,* by Tara Brach.

*True Refuge: Finding Peace and Freedom in Your Own Awakened Heart,* by Tara Brach.

*Lovingkindness: The Revolutionary Art of Happiness,* by Sharon Salzberg.

*The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions,* by Sharon Salzberg.

**Addiction Recovery**

*Mindful Recovery: A Spiritual Path to Healing from Addiction*, by Thomas & Beverly Bien.

*One Breath at a Time: Buddhism and the Twelve Steps*, by Kevin Griffin.

**Anxiety**

*The Mindful Way Through Anxiety,* by Orsillo & Roemer.

**Depression**

[*The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness*](http://www.amazon.ca/Mindful-Way-through-Depression-Unhappiness/dp/1593851286/ref=sr_1_1?ie=UTF8&s=books&qid=1303840093&sr=1-1)*,* by Williams, Teasdale, Segal, & Kabat-Zinn.

**Mindful Eating**

*Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food,* by Chozen-Bays

**Childbirth & Parenting**

*Mindfulness-Based Childbirth and Parenting,* by Nancy Bardacke.

[*Everyday Blessings*](http://www.amazon.ca/Everyday-Blessings-Jon-Kabat-Zinn/dp/0786883146/ref=sr_1_1?ie=UTF8&s=books&qid=1303840554&sr=1-1)*,* by Jon & Myla Kabat-Zinn.

**MEDITATION INSTRUCTION**

<http://www.dharmaseed.org/> Downloadable meditation teachings and instruction

<http://www.mindfulnesscds.com/series1.html> Meditation CD’s and tapes developed by Jon Kabat-Zinn for the Mindfulness-Based Stress Reduction (MBSR) program

[www.mindfulselfcompassion.org](http://www.mindfulselfcompassion.org) & [www.self-compassion.org](http://www.self-compassion.org) Instruction in self-compassion meditation