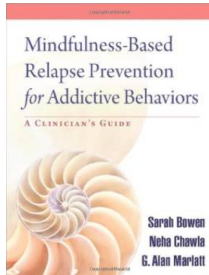


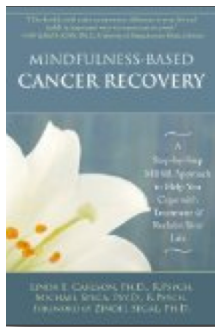
Center for Mindfulness - Bookstore Bibliography (by Author)



Bowen, Sarah; Neha Chawla; and G. Alan Marlatt. *Mindfulness-based relapse prevention for addictive behaviors: A Clinician's Guide*. New York: Guilford Press, 2011.

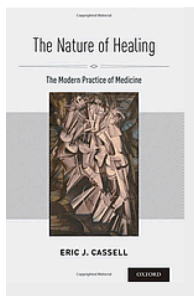
This authoritative book presents an innovative relapse prevention program that integrates mindfulness practices with evidence-based cognitive and behavioral strategies. Clinicians get essential information and materials for implementing the approach with their clients. In eight carefully structured group sessions, participants gain awareness of their own inner experiences, step out of habitual patterns of thought and behavior that can trigger relapse, and acquire concrete skills to meet the day-to-day challenges of recovery. User-friendly features

include detailed guidelines for facilitating each session, scripted examples of guided meditations, and more than 20 reproducible handouts and forms.



Carlson, Linda and Michael Speca. *Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life*. Oakland, CA: New Harbinger Publications, 2010.

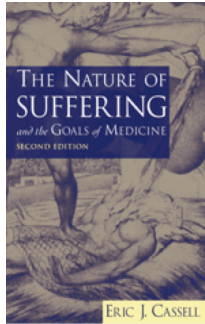
Canadian researchers describe an eight-week cancer-recovery program designed to focus on the whole patient rather than just the cancer diagnosis. They argue that combining meditation with gentle yoga can reduce stress and anxiety and promote mindfulness.



Cassell, Eric J. *The Nature of Healing: The Modern Practice of Medicine*. New York: Oxford University Press, 2013.

*Currently and for centuries past, sickness has been understood to be primarily the physical result of bodily disease. Yet this definition of illness is out-of-date and untrue to life at a time when chronic illness and the problems of disability and aging are increasingly common. When persons are sick, it pervades their whole being. *The Nature of Healing* is based on a different definition of sickness, one that recognizes persons as sick when they cannot achieve their goals and purposes because of impairments of function, ranging from the molecular to the spiritual, which they believe to fall under the scope of medicine. Such impairments may result from disease, but certainly not all.*

As the sick person has increasingly become the focus of medicine, there have been repeated but mostly failed attempts to achieve both technological and humanistic goals in caring for patients. This approach is flawed because there is only one ultimate goal -- the well-being of the patient. Whether it involves the personal action of the clinician or the use of technology, everything done toward the goal of well-being is part of the healing enterprise. In this book, Eric Cassell explores what sickness is, what persons are, and how to understand function and its impairments. He explains healing skills and actions, as well as the nature of healing for sick and suffering patients. This book concludes with a discussion of the moral basis of the relationship between patient and healer, as well as the goals of healing.



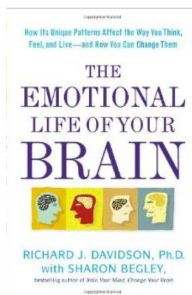
Cassell, Eric J. *The Nature of Suffering and the Goals of Medicine* - 2nd edition. New York: Oxford University Press, 2004.

This is a revised and expanded edition of a classic in palliative medicine, originally published in 1991. With three added chapters and a new preface summarizing our progress in the area of pain management, this is a must-have for those in palliative medicine and hospice care.

The obligation of physicians to relieve human suffering stretches back into antiquity. But what exactly, is suffering? One patient with metastatic cancer of the stomach, from which he knew he would shortly die, said he was not suffering. Another, someone who had been operated on for a minor problem--in little pain and not seemingly distressed--said that even coming into the hospital had been a source of pain and not suffering. With such varied responses to the problem of suffering, inevitable questions arise. Is it the doctor's responsibility to treat the disease or the patient? And what is the relationship between suffering and the goals of medicine?

According to Dr. Eric Cassell, these are crucial questions, but unfortunately, have remained only queries void of adequate solutions. It is time for the sick person, Cassell believes, to be not merely an important concern for physicians but the central focus of medicine. With this in mind, Cassell argues for an understanding of what changes should be made in order to successfully treat the sick while alleviating suffering, and how to actually go about making these changes with the methods and training techniques firmly rooted in the doctor's relationship with the patient.

Dr. Cassell offers an incisive critique of the approach of modern medicine. Drawing on a number of evocative patient narratives, he writes that the goal of medicine must be to treat an individual's suffering, and not just the disease. In addition, Cassell's thoughtful and incisive argument will appeal to psychologists and psychiatrists interested in the nature of pain and suffering.



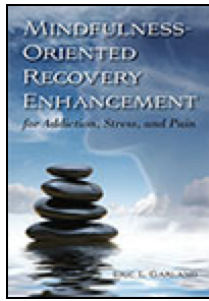
Davidson, Richard J. and Sharon Begley. *The Emotional Life of Your Brain: How its Unique Patterns Affect the Way You Think, Feel, and Live—and How You Can Change Them*. New York: Hudson Street Press, 2012.

This long-awaited book by a pioneer in brain research offers a new model of our emotions- their origins, their power, and their malleability.

For more than thirty years, Richard Davidson has been at the forefront of brain research. Now he gives us an entirely new model for understanding our emotions, as well as practical strategies we can use to change them.

Davidson has discovered that personality is composed of six basic emotional "styles," including resilience, self-awareness, and attention. Our emotional fingerprint results from where on the continuum of each style we fall. He explains the brain chemistry that underlies each style in order to give us a new model of the emotional brain, one that will even go so far as to affect the way we treat conditions like autism and depression. And, finally, he provides strategies we can use to change our own brains and emotions-if that is what we want to do.

Written with bestselling author Sharon Begley, this original and exciting book gives us a new and useful way to look at ourselves, develop a sense of well-being, and live more meaningful lives.



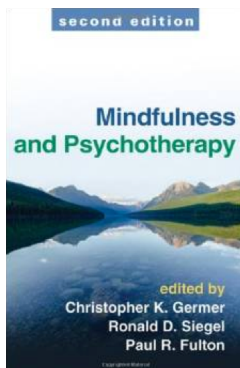
Garland, Eric. *Mindfulness-Oriented Recovery Enhancement for Addiction, Stress, and Pain*. Washington, DC: NASW Press, 2013.

Human existence can be beset by a variety of negative mental states such that life seems devoid of meaning, but it can also be liberated—a meaningful life reclaimed and savored through cultivation of a higher kind of mind. This quality, mindfulness, refers to both a set of contemplative practices and certain distinct psychological states and traits, and it can be cultivated through intentional effort and training.

*In *Mindfulness-Oriented Recovery Enhancement for Addiction, Stress, and Pain*, Eric L. Garland presents an innovative program of intervention that can be put into practice by therapists working with people struggling with addiction and the conditions that underlie it. Unlike other substance abuse treatment modalities, which focus largely on relapse prevention, *Mindfulness-Oriented Recovery Enhancement (MORE)* concentrates on helping people to recover a sense of meaning and fulfillment in everyday life, embracing its pleasures and pain without avoiding challenges by turning to substance use.*

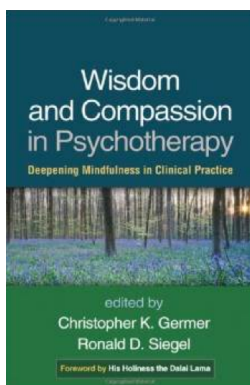
Along with chapters on the biopsychosocial model underlying MORE and the current state of research on mindfulness, this book includes a complete treatment manual laying out for clinicians, step by step, how to run MORE groups—including adaptations to address chronic pain and prescription opioid misuse—and enhance the holistic recovery process for people striving to overcome addiction.

*With addiction a widespread and growing problem in our society, *Mindfulness-Oriented Recovery Enhancement* could not be more timely or needed. It integrates the latest research on addiction, cognitive neuroscience, positive psychology, and mindfulness into a practice that has garnered empirical support and holds the promise of release and fulfillment for those who suffer from addiction.*



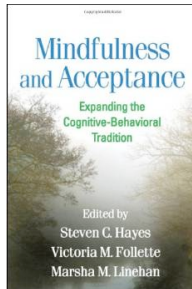
Germer, Christopher K.; Ronald D. Siegel; and Paul Fulton (Eds.). *Mindfulness and Psychotherapy* - 2nd edition. New York: Guilford Press, 2013.

This practical book has given tens of thousands of clinicians and students a comprehensive introduction to mindfulness and its clinical applications. The book describes the philosophical underpinnings of mindfulness and reviews the growing body of treatment studies and neuroscientific research. Leading practitioners and researchers in the field present clear-cut procedures for implementing mindfulness techniques and teaching them to patients experiencing depression, anxiety, chronic pain, and other problems. Also addressed are ways that mindfulness practices can increase acceptance and empathy in the therapeutic relationship. User-friendly features include illustrative case examples and practice exercises.



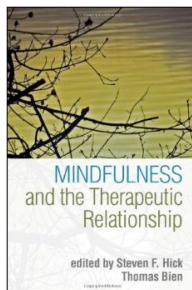
Germer, Christopher K. and Ronald D. Siegel (Eds.). *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice*. New York: Guilford Press, 2012.

Bringing together leading scholars, scientists, and clinicians, this compelling volume explores how therapists can cultivate wisdom and compassion in themselves and their clients. Chapters describe how combining insights from ancient contemplative practices and modern research can enhance the treatment of anxiety, depression, trauma, substance abuse, suicidal behavior, couple conflict, and parenting stress. Seamlessly edited, the book features numerous practical exercises and rich clinical examples. It examines whether wisdom and compassion can be measured objectively, what they look like in the therapy relationship, their role in therapeutic change, and how to integrate them into treatment planning and goal setting. The book includes a foreword by His Holiness the Dalai Lama.



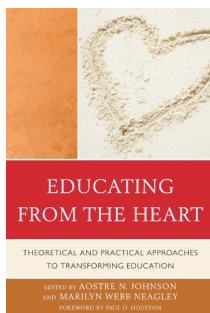
Hayes, Steven C.; Victoria M. Follette; and Marsha M. Linehan (Eds.). *Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition*. New York: Guilford Press, 2011.

This volume examines the role of mindfulness principles and practices in a range of well-established cognitive and behavioral treatment approaches. Leading scientist-practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness, acceptance, values, spirituality, being in relationship, focusing on the present moment, and emotional deepening. Coverage includes acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analytic psychotherapy. Contributors describe their clinical methods and goals, articulate their theoretical models, and examine similarities to and differences from other approaches.



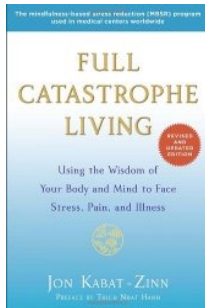
Hick, Stephen F. and Thomas Bien (Eds.). *Mindfulness and the Therapeutic Relationship*. New York: Guilford Press, 2008.

A number of books have explored the ways psychotherapy clients can benefit from learning and practicing mindfulness. This is the first volume to focus specifically on how mindfulness can deepen the therapeutic relationship. Grounded in research, chapters demonstrate how therapists' own mindfulness practice can help them to listen more attentively and be more fully present. Leading proponents of different treatment approaches—including behavioral, psychodynamic, and family systems perspectives—illustrate a variety of ways that mindfulness principles can complement standard techniques and improve outcomes by strengthening the connection between therapist and client. Also presented are practical strategies for integrating mindfulness into clinical training.



Johnson, Aostre N. and Marilyn Webb Neagley (Eds.). *Educating from the heart: theoretical and practical approaches to transforming education*. Lanham, MD: Roman and Littlefield Publishers, Inc. 2011.

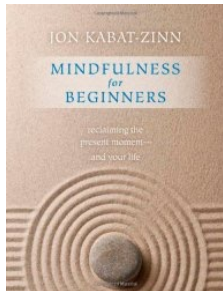
Educating from the Heart: Theoretical and Practical Approaches to Transforming Education is based on the questions: 'What does it mean to educate from the heart? What does it mean to educate with spirit?' It offers both theoretical overviews and practical approaches for educators, academics, education students and parents who are interested in transforming schools. Well-respected voices in the field of education provide a framework that includes recent findings from the world of neuroscience, as well as fresh perspectives about traditional wisdom. Practicing educators describe methods directly applicable in classrooms. In addition, many chapters emphasize the importance of educators attending to their own inner lives. The book encourages reinvigorating approaches to learning and teaching that can easily be integrated into both public and private K-12 school classrooms, with many ideas also applicable to higher education. It supports an educational system based on the beliefs that heart and spirit are intertwined with mind and intellect, and that inner peace, wisdom, compassion, and conscience can be developed together with academic content and skills.



Kabat-Zinn, Jon. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York: Bantam Books. 2013.

The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years

Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. Full Catastrophe Living is a book for the young and the old, the well and the ill, and anyone trying to live a healthier and saner life in our fast-paced world.



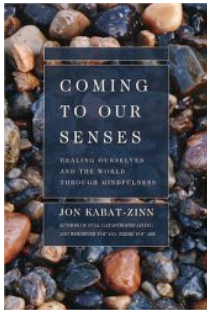
Kabat-Zinn, Jon. *Mindfulness for Beginners: Reclaiming the Present Moment-and your Life*. Boulder, CO: Sounds True, Inc. 2012.

What if you could profoundly change your life just by becoming more mindful of your breathing? According to Jon Kabat-Zinn, you can. What if paying attention on purpose (and non-judgmentally) could improve your health? Again, according to Dr. Kabat-Zinn—it can.

On Mindfulness for Beginners, this internationally known scientist, bestselling author, and teacher who brought mindfulness meditation into the mainstream of medicine and society gives you immediate access to a practice that can potentially add years to your life, and will certainly enhance the quality of your moments and your years.

Join Dr. Kabat-Zinn to: Explore five guided meditations that lead you breath-by-breath into the essence of Mindfulness-Based Stress Reduction (MBSR), a program offered in medical clinics and hospitals around the world Cultivate the Seven Key Attitudinal Factors of MBSR—qualities of heart and mind that lay the foundation for mindfulness practice and for seeing and accepting things as they are as a first step to working wisely and compassionately with stress, pain, illness, and sorrow as well as life's joys and pleasures. Free yourself from limiting perspectives, and become more intimate with your own boundless awareness

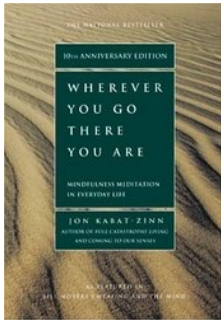
You're already in the perfect moment for inhabiting this liberating awareness, which is always available, teaches Jon Kabat-Zinn. With Mindfulness for Beginners, he invites you to cultivate mindfulness as if your life depended on it, which it surely does, and experience the magnitude and beauty of who you already are.



Kabat-Zinn, Jon. *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*. New York: Hyperion, 2005.

[The] journey toward health and sanity is nothing less than an invitation to wake up to the fullness of our lives as if they actually mattered . . ." --Jon Kabat-Zinn, from the Introduction

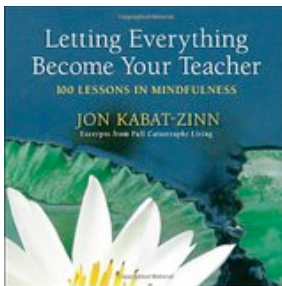
Ten years ago, Jon Kabat-Zinn changed the way we thought about awareness in everyday life with his now-classic introduction to mindfulness, *Wherever You Go, There You Are*. Now, with *Coming to Our Senses*, he provides the definitive book for our time on the connection between mindfulness and our physical and spiritual wellbeing. With scientific rigor, poetic deftness, and compelling personal stories, Jon Kabat-Zinn examines the mysteries and marvels of our minds and bodies, describing simple, intuitive ways in which we can come to a deeper understanding, through our senses, of our beauty, our genius, and our life path in a complicated, fear-driven, and rapidly changing world. In each of the book's eight parts, Jon Kabat-Zinn explores another facet of the great adventure of healing ourselves--and our world--through mindful awareness, with a focus on the "sensescapes" of our lives and how a more intentional awareness of the senses, including the human mind itself, allows us to live more fully and more authentically. By "coming to our senses"--both literally and metaphorically by opening to our innate connectedness with the world around us and within us--we can become more compassionate, more embodied, more aware human beings, and in the process, contribute to the healing of the body politic as well as our own lives .



Kabat-Zinn, Jon. *Wherever You Go There You Are: Mindfulness Meditation in Everyday Life*. New York: Hyperion, 2005.

Stop Trying to get somewhere. Be where you are already. Think the grass is always greener somewhere else or life is better in someone else's shoes? If so, life will constantly disappoint you. True contentment comes from within- and you can uncover the spiritual treasure buried within you through meditation. Blending Western thought and Eastern practice, *Wherever you go, there you are* is the book that introduced meditation to America. Now you too can learn the simple practice of breathing and focus to keep yourself in the present. You'll discover how to let stress wash over you rather than try to shut it out. You'll find strength where you least expect it and even take charge of your health by adjusting your perspective. Join the nearly one million Americans whose lives have been changed by this book and the empowering

practice of meditation.

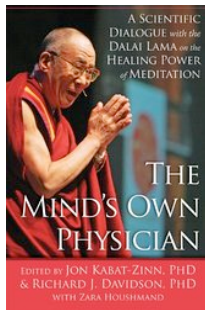


Kabat-Zinn, Jon. *Letting Everything Become Your Teacher: 100 Lessons in Mindfulness*. New York: Delta books, 1990.

Yes, there actually is a way to let everything become your teacher, to let life itself, and everything that unfolds within it, the "full catastrophe" of the human condition in the words of Zorba the Greek, shape your ongoing development and maturation. Millions have followed this path to greater sanity, balance, and well-being, often in the face of huge stress, pain, uncertainty, sorrow, and illness. In his landmark book, *Full Catastrophe Living*, Jon Kabat-Zinn shared this innovative approach, known as mindfulness-based stress reduction (MBSR), with the world. Now, in this companion volume, 100 pointers from that groundbreaking work have been carefully selected to

inspire you to embrace what is deepest and best and most beautiful in yourself.

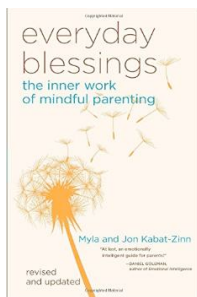
Whether you are trying to learn patience, cope with pain, deal with the enormous stress and challenges of the age we live in, improve your relationships, or free yourself from destructive emotions, thoughts, and behaviors, these deceptively simple meditations will remind you that you have deep inner resources to draw upon, the most important of which is the present moment itself. Regardless of your age or whether you are familiar with the healing power of mindfulness, this insightful, inspirational guide will help you to honor, embrace, learn from, and grow into each moment of your life.



Kabat-Zinn, Jon and Richard J. Davidson (Eds.). *The Mind's Own Physician: A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation*. Oakland, CA: New Harbinger Publications, 2011.

By inviting the Dalai Lama and leading researchers in medicine, psychology, and neuroscience to join in conversation, the Mind & Life Institute set the stage for a fascinating exploration of the healing potential of the human mind. The Mind's Own Physician presents in its entirety the thirteenth Mind and Life dialogue, a discussion addressing a range of vital questions concerning the science and clinical applications of meditation: How do meditative practices influence pain and human suffering? What role does the brain play in emotional well-being and health? To what extent can our minds actually influence physical disease? Are there important synergies here for transforming health care, and for understanding our own evolutionary limitations as a species?

Edited by world-renowned researchers Jon Kabat-Zinn and Richard J. Davidson, this book presents this remarkably dynamic interchange along with intriguing research findings that shed light on the nature of the mind, its capacity to refine itself through training, and its role in physical and emotional health.



Kabat-Zinn, Myla and Jon. *Everyday Blessings: The Inner Work of Mindful Parenting*. New York: Machete Books, 2014.

Mindfulness is the powerful meditative practice of cultivating moment-to-moment awareness to bring wisdom, understanding, & a greater sense of meaning & purpose into our daily living. Now, parents can enrich their lives & the lives of their children through mindful parenting that is, by honoring the fullness of the present moment, & within it, the inner potential & beauty that reside in both our children & ourselves. Provides a powerful new way of looking at & facing the challenges of parenthood, illuminating how a lack of awareness fosters patterns that damage both parent & child, & how mindfulness can bring healing & transformation to this relationship.

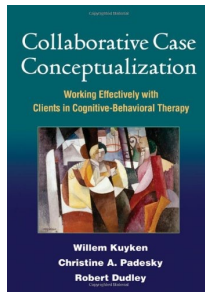
Updated with new material--including an all new introduction and expanded practices in the epilogue--Everyday Blessings remains one of the few books on parenting that embraces the emotional, intuitive, and deeply personal experience of being a parent, applying the groundbreaking "mind/body connection" expertise from global thought-leader, Jon Kabat-Zinn and his wife, Myla Kabat-Zinn.

Kaaser, Gigi. (Photography) and Peggy Gillespie (Ed.). *Love Makes a Family: Portraits of Lesbian, Gay, Bisexual, and Transgender Parents and Their Families*. Amherst, MA: University of Massachusetts Press, 1999.

"In this remarkable family album of photographs and interviews, nonheterosexual parents and their children reveal the hardships and joys of being different." — Time

Kaaser, Gigi. (Photography) and Peggy Gillespie (Interviews). *Of Many Colors: Portraits of Multiracial Families*. Amherst, MA: University of Massachusetts Press. 1997.

"An inspiring and wonderfully written book . . . that is hard to put down, a book that is informative, and one that will help to break down stereotypes about multiracial families." — Klatt



Kuyken, William; Christine A. Padesky; and Robert Dudley. *Collaborative Case Conceptualization: Working Effectively with Clients in Cognitive-Behavioral Therapy*. New York: Guilford. 2009.

Presenting an innovative framework for tailoring cognitive-behavioral interventions to each client's needs, this accessible book is packed with practical pointers and sample dialogues. Step by step, the authors show how to collaborate with clients to develop and test conceptualizations that illuminate personal strengths as well as problems, and that deepen in explanatory power as treatment progresses. An extended case illustration demonstrates the three-stage conceptualization process over the entire course of therapy with a multi-problem client. The approach emphasizes building resilience and coping while decreasing psychological

distress. Special features include self-assessment checklists and learning exercises to help therapists build their conceptualization skills.

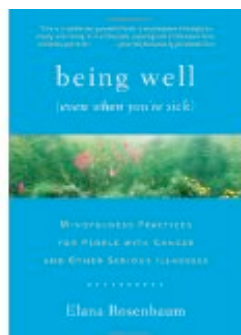


McEwen, Bruce with Elizabeth Norton Lasley. *The End of Stress As We Know It*. New York: The Dana Foundation, 2012.

The End of Stress as We Know It provides readers with the "gold standard" in understanding how their bodies work under stress and why they have the power to avoid its debilitating effects. Bruce McEwen, Ph.D., one of the world's authorities on the subject of stress, here provides unshakable evidence of how mind and body work together either for good or for ill when we are challenged by life's events.

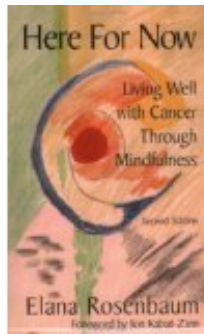
Describing the subtle damage that comes from failing to turn off the body's danger alert system, Dr. McEwen shows how chemicals activated during stressful situations can protect the body under acute conditions, and how, when chronically activated, they can cause long-lasting harm. He counsels that many stress management programs can help us, if we understand the powerful mind-body forces activated by stress.

The premise of this book is that knowledge is power. By learning how the body reacts to large and small challenges in our lives, by understanding how we put ourselves in situations that cause upheaval in our minds and bodies, we can make the best choices--backed up by the latest scientific knowledge.



Rosenbaum, Elana. *Being Well (Even When You're Sick): Mindfulness Practices for People with Cancer and other Serious Illnesses*. Boston Massachusetts Shambhala publications. 2012.

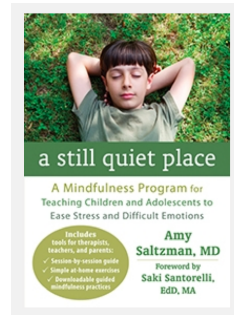
Cultivating well-being and equanimity in the midst of serious disease is a challenge, but mindfulness can help make it possible. It is a process of bringing a fierce but loving attention to everything that arises in our mind and body. The simple approach that Elana Rosenbaum presents here is the same one she uses with the people in her practice of mindfulness-based psychotherapy and stress reduction—and that she uses herself as a cancer survivor. Here are methods that offer proof positive that it is indeed possible not only to “have a life” while you’re seriously ill, but that the life can include satisfaction, ease, and happiness. This book includes a downloadable companion 60-minute audio program with seven simple mindfulness practices.



Rosenbaum, Elana. *Here For Now: Living Well with Cancer Through Mindfulness*. Second edition. Hardwick Massachusetts: Satya house publications, 2007.

Through narrative, guided exercises, and meditations, Here For Now was the first book to apply the principles of mindfulness meditation to living with cancer. This book empowers the reader to transform suffering into compassion and joy. Follow Elana's journey as she experiences the shock of her own cancer diagnosis, the vulnerability of being a patient, the gratitude of survival and recovery, as well as the ability to live with uncertainty and help others live wholly and fully. Elana's career and life experience combine to make her a unique and powerful voice on living with cancer, one which cancer patients, survivors, family members and health professionals will turn to again and again. Elana's moving life

story of living with and surviving cancer, and the meditation and visualization exercises she's created for patients are both practical and inspirational. Here For Now is a sought after addition to the current body of work available to patients and healthcare practitioners alike, as well as anyone who wants to thrive in the face of adversity.



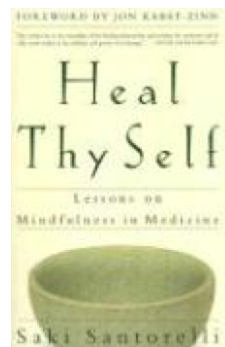
Salesman, Amy. *A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions*. Oakland, CA: New Harbinger Publications, 2014.

Teaching kids stress management skills early in life will help them to grow into happy and healthy adults. And if you work with children or adolescents, you know that kids today need these skills more than ever. The pressures they face in the classroom, on the playground, in their extracurricular activities, and at home can sometimes be overwhelming. So how can you help lay the groundwork for their success?

A Still Quiet Place presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives, and develop their natural capacities for emotional fluency, respectful communication, and compassionate action. The program detailed in this book is based on author Amy Saltzman's original curriculum, which has helped countless children and adolescents achieve significant improvements in attention and reduced anxiety.

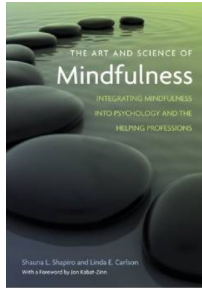
One of the easiest ways to find the still quiet place within is to practice mindfulness-paying attention to your life experience here and now with kindness and curiosity. The easy-to-implement mindfulness practices in this guide are designed to help increase children and adolescents' attention, learning, resiliency, and compassion by showing them how to experience the natural quietness that can be found within.

The still quiet place is a place of peace and happiness that is alive inside all of us, and you can find it just by closing your eyes and breathing. For more information, visit www.stillquietplace.com.



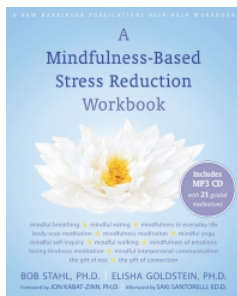
Santorelli, Saki. *Heal Thy Self: Lessons on Mindfulness in Medicine*. New York: Three Rivers Press. 1999.

The author's approach to medicine revolutionizes the traditional doctor-patient relationship by introducing mindfulness into the healing process and acknowledging that all humans are wounded and whole at the same time.



Shapiro, Shauna L. and Linda E. Carson. *The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions*. Washington DC. American Psychological Association, 2009.

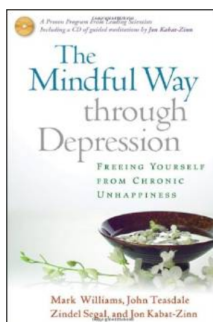
Intention is fundamental to any project, endeavor, or journey. Related to intention is the concept of mindfulness - the awareness that arises through intentionally attending to oneself and others in an open, caring, and nonjudgmental way. Drawing from Buddhist teachings and psychological theory, authors Shapiro and Carlson explore why mindful awareness is integral to the therapeutic healing process and show clinicians how to connect with this deeper awareness. This book integrates the art and science of mindfulness to engender greater well-being in both clinicians and their patients. Seen through the lens of mindfulness as a universal human capacity, this intention helps bridge the gap between therapist and patient, reminding us that we are all human beings wanting health, happiness, and freedom from suffering. This book is suitable for clinical psychologists, psychotherapists, counselors, and social workers. It is intended for health care practitioners such as nurses, physicians, and physical therapists. It is also suitable for graduate students in all of the above areas.



Stahl, Bob and Elisha Goldstein. *A Mindfulness-based Stress Reduction Workbook*. Oakland California: New Harbinger Publications, 2010.

Stress and pain are nearly unavoidable in our daily lives; they are part of the human condition. This stress can often leave us feeling irritable, tense, overwhelmed, and burned-out. The key to maintaining balance is responding to stress not with frustration and self-criticism, but with mindful, nonjudgmental awareness of our bodies and minds. Impossible? Actually, it's easier than it seems.

In just weeks, you can learn mindfulness-based stress reduction (MBSR), a clinically proven program developed by Jon Kabat-Zinn, author of Full Catastrophe Living. MBSR is effective in alleviating stress, anxiety, panic, depression, chronic pain, and a wide range of medical conditions. Taught in classes and clinics worldwide, this powerful approach shows you how to focus on the present moment in order to permanently change the way you handle stress. As you work through A Mindfulness-Based Stress Reduction Workbook, you'll learn how to replace stress-promoting habits with mindful ones—a skill that will last a lifetime. This groundbreaking, proven-effective program will help you relieve the symptoms of stress and identify its causes so that you can start living a healthier, happier life.



Williams, Mark; John Teasdale; Zindel Segal; and Jon Kabat-Zinn. *The Mindfulness Way Through Depression: Freeing Yourself from Chronic Unhappiness*. New York: Guilford Press, 2007.

If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all.

In The Mindful Way through Depression, four uniquely qualified experts explain why our usual attempts to “think” our way out of a bad mood or just “snap out of it” lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life’s challenges with greater resilience. Jon Kabat-Zinn gently and encouragingly narrates the accompanying CD of guided meditations, making this a complete package for anyone seeking to regain a sense of hope and well-being.