

## Mindfulness Resources at EPL

In general, all of these resources and more can be found under call number 158 of the non-fiction section.

### Books

- One-minute mindfulness: 50 simple ways to find peace, clarity, and new possibilities in a stressed-out world / Donald Altman.
- Clearing emotional clutter : mindfulness practices for letting go of what's blocking your fulfillment and transformation / Donald Altman
- Reclaim your brain : how to calm your thoughts, heal your mind, and bring your life back under control / Joseph A. Annibali
- Living mindfully : at home, at work, and in the world / Deborah Schoeberlein David
- The mindfulness & acceptance workbook for anxiety : a guide to breaking free from anxiety, phobias & worry using acceptance & commitment therapy / John P. Forsyth, Georg H. Eifert
- 10% happier: how I tamed the voice in my head, reduced stress without losing my edge, and found self-help that actually works--a true story / Dan Harris
- The mindful home : the secrets to making your home a place of harmony, beauty, wisdom and true happiness / Dr Craig and Deirdre Hassel
- AARP meditations for caregivers : practical, emotional, and spiritual support for you and your family / Barry J. Jacobs
- Full catastrophe living: using the wisdom of your body and mind to face stress, pain, and illness / Jon Kabat-Zinn, PhD.
- Mindfulness for beginners: reclaiming the present moment—and your life / Jon Kabat-Zinn.
- Wherever you go, there you are: mindfulness meditation in everyday life / Jon Kabat-Zinn.
- The joy of half a cookie: using mindfulness to lose weight and end the struggle with food / Jean Kristeller, PhD, with Alisa Bowman.
- Silence: the power of quiet in a world full of noise / Thich Nhat Hanh.

- Get some headspace: how mindfulness can change your life in ten minutes a day / Andy Puddicombe.
- Mindfulness: an eight-week plan for finding peace in a frantic world / Mark Williams and Danny Penman; foreword by Jon Kabat-Zinn.

### **Audio CDs**

Mindfulness meditation: [sound recording] nine guided practices to awaken presence and open your heart / Tara Brach.

How to meditate [sound recording] / with Pema Chödrön.

Guided mindfulness meditation [sound recording] / [Jon Kabat-Zinn]

Mindfulness for beginners [sound recording] / Jon Kabat-Zinn.

The present moment: [sound recording] [a retreat on the practice of mindfulness] / Thich Nhat Hanh.

The science of mindfulness: a research-based path to well-being / Professor Ronald D. Siegel.

Meditation [sound recording]: [a beginner's guide to start meditating now] / Shinzen Young.

### **DVDs**

Meditation for beginners [videorecording] / with Maritza

Practicing Mindfulness: An Introduction to Meditation. The Great Courses

The Science of Mindfulness: A Research-Based Path to Well-Being. The Great Courses