

MINDFULNESS RESOURCES

BOOKS:

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- Lama, T. D., & Cutler, H. C. (1998). *The art of happiness: A handbook for living*. New York, NY: Riverhead Book.
- Neff, K. (2011). *Self Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* New York, NY: Harper Collins Publishers.
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- Siegel, R. D. (2010). *The mindfulness solution: Everyday Practice for Everyday Problems*. New York, NY: Guilford.
- Walser, R., & Westrup, D. (2009). *The Mindful Couple: How Acceptance and Mindfulness Can Lead You to the Love You Want*. Oakland, CA: New Harbinger Publications.
- Williams, M., & Penman, D. (2011). *Mindfulness: an eight week plan for finding peace in a frantic world* New York, NY: Rodale Books.

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WEBSITES:

- <http://www.mindfulness.org.au/> → see the useful links for guided recordings of mindfulness exercises for free

- Jon Kabat-Zinn's tapes/cds: www.mindfulnessstapes.com/

- Lead researchers in self-compassion:

Kristen Neff's Website: <http://www.mindfulnessselfcompassion.org/>

Christopher Germer's Website: <http://www.self-compassion.org/>

- Tara Branch is a well-known clinical psychologist and senior teacher and founder of the Insight Meditation Community of Washington. Her approach emphasizes compassion for oneself and others, mindful presence and the direct realization and embodiment of natural awareness : <http://www.tarabrach.com/index.html>

- This site is an archive of Dharma talks given by various guest speakers at the Insight Meditation Center in Redwood City, CA. Several Mindfulness and Loving-kindness meditations and audio series are located on the left column:

<http://www.audiodharma.org/>

- <http://mbct.co.uk/cd-set/> -- links to I-Tunes for pay meditation series by Mark Williams

- <http://health.ucsd.edu/specialties/mindfulness/videos/Pages/default.aspx> → Links to several videos and interviews with mindfulness experts

<http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/audio.aspx> → Free downloadable exercises

- <http://marc.ucla.edu/body.cfm?id=22> → UCLA's Mindful Awareness Research Center has several links to free downloads and podcasts via I-Tunes U