

### **Books (of particular interest to college age population)**

Bayda, Ezra; Bartok, Josh. *Saying Yes To Life (Even the Hard Parts)*(Wisdom Publications, 2005)

Bortolin, Matthew. *The Dharma of Star Wars* (Wisdom Publications, Inc., 2005).

Brahm, Ajahn. *Who Ordered This Truckload of Dung: Inspiring Stories for Welcoming Life's Difficulties* (Wisdom Publications, Inc., 2005)

Gordhamer, Soren. *Just Say Om! Your Life's Journey* (Adams Media Corporation, November 2001)

Jeon, Arthur. *City Dharma: Keeping your cool in the chaos* (Harmony Books, 2004).

Kabat-Zinn, Jon. *Wherever You Go There You Are: Mindfulness in Everyday Life* (Hyperion, 1994).

Kasl, Charlotte. *If the Buddha Dated: A Handbook for Finding Love on a Spiritual Path* (Penguin (Non-Classics), February 1999)

### **Books (various mindfulness topics)**

Albers, Susan. *Eating Mindfully* (New Harbinger Publications, 2003)

Batchelor, Stephen. *Buddhism without Beliefs* (Riverhead Books, 1997)

Beck, Charlotte Joko *Everyday Zen* (Harper & Row, 1989)

Bennett-Goleman, Tara. *Emotional Alchemy: How the Mind can Heal The Heart* (Harmony Books, 2001)

Boccio, Frank Jude. *Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind* (Wisdom Publications, 2004)

Boorstein, Sylvia. *Don't Just Do Something; Sit There* (Harper, 1996)

Brach, Tara. *Radical Acceptance: Embracing the Heart of a Buddha* (Bantam Books, 2003)

Brantley, Jeffrey. *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You From Anxiety, Fear, and Panic* (New Harbinger Publications, Inc., 2003)

Chodron, Pema.

- *When Things Fall Apart: Heart Advice for Difficult Times* (Shambhala Publications, 2000)
- *Start Where You Are: A Guide to Compassionate Living* (Shambhala Publications, 2001)
- *The Wisdom of No Escape: And the Path of Lovingkindness* (Shambhala Publications, 2001)

David, Marc. *Nourishing Wisdom* (Random House, 1991)

Flickstein, Matthew. *Journey to the Center* (Wisdom, 1998).

Goleman, Daniel.

- *Emotional Intelligence: Why it Can Matter More than IQ* (Bantam, 1995).
- *Destructive Emotions: A Scientific Dialogue with the Dalai Lama* (Bantam, 2003)

Goldstein, Joseph. *Insight Meditation: The Practice of Freedom* (Shambhala, 1994).

Gunaratana, Henepola. *Mindfulness in Plain English* (Wisdom, 1992). Full text on-line at <http://www.budsas.org/ebud/mfneng/mind0.htm>

Kabat-Zinn, Jon.

- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, & Illness* (Delta, 1990).
- *Wherever You Go There You Are: Mindfulness in Everyday Life* (Hyperion, 1994).
- *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness* (Hyperion, 2005)

Keating, Thomas

- *Open Mind, Open Heart: The Contemplative Dimension of the Gospel* (Continuum International Publishing Group, June 1994)
- *The Mystery of Christ: The Liturgy as Spiritual Experience* (Continuum International Publishing Group, June 1994)
- *Invitation to Love: The Way of Christian Contemplation* (Continuum International Publishing Group, June 1994)

Jackson, Phil & Delehanty, Hugh. *Sacred Hoops: Spiritual Lessons of a Hardwood Warrior* (Hyperion, 1995.).

Kornfield, Jack. *A Path With Heart* (Bantam, 1994).

Hanh, Thich Nhat.

- *The Miracle of Mindfulness* (Beacon, 1976)
- *Being Peace* (Paralax Press, 1988)

➤ *Peace is Every Step* (Bantam Books, 1992)

McQuaid, Ph.D., John R. and Carmona, RN, MSN, Paula E. *Peaceful Mind: Using Mindfulness & Cognitive Behavioral Psychology To Overcome Depression* (New Harbinger Publications, Inc. 2004)

Mipham, Sakyong. *Turning the Mind Into An Ally* (Riverhead Books, 2003)

Rosenberg, Marshal R. *Nonviolent Communication: A Language of Life* (Puddle Dancer Press, 2003).

Salzberg, Sharon. *Lovingkindness: The Revolutionary Art of Happiness* (Shambhala, 1995)

Seligman, Ph.D., Martin E. P. *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* (Free Press, 2002)

Shafir, Rebecca. *The Zen of Listening* (2000)

Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment* (New World Publishing, 1999)

Tribole, Evelyn and Resch, Elyse. *Intuitive Eating: A Recovery Book For The Chronic Dieter; Rediscover The Pleasures Of Eating And Rebuild Your Body Image* (St. Martin's Press, 1995)

Weintraub, Amy. *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga* (Broadway Books, 2004)

