

Books on Mindfulness

Wendy Harvey

- Mindfulness – a Practical Guide for Finding Peace in a Frantic World. Mark Williams and Danny Penman. The 8 week mindfulness course in book form. (Includes guided practices CD)
- Full Catastrophe Living. How to cope with stress, pain and illness using mindfulness meditation. - Jon Kabat-Zinn (A full description of the MBSR 8 week mindfulness course)
- Wherever You Go, There You Are. Mindfulness meditation for everyday life. - Jon Kabat-Zinn
- The Miracle of Mindfulness (and other books)- Thich Nhat Hanh
- Focusing – Eugene Gendlin
- Mindfulness in Plain English. - Bhante Gunaratana
- Meditation for Beginners (includes CD) - Jack Kornfield
- A Path with Heart. - Jack Kornfield
- The Wise Heart – Jack Kornfield
- Insight Meditation. - Joseph Goldstein
- Everyday Zen – Charlotte Joko Beck
- Nothing Special – Charlotte Joko Beck
- Practising the Power of Now – Eckhart Tolle
- A New Earth – Eckhart Tolle
- My Stroke of Insight – Jill Bolte Taylor
- The Untethered Soul – Michael Singer

- The Surrender Experiment – Michael A Singer
- Joyful Wisdom – Yongey Mingur Rinpoche
- The Joy of Living – Yongey Mingyur Rinpoche
- Insight Dialogue – Gregory Kramer
- Non-Violent Communication – Marshall Rosenberg
- Living Well with Pain and Illness – Vidyamala Burch
- Heal Thyself : Lessons on Mindfulness in Meditation – Saki Santorelli
- A Gradual Awakening. (and other books) - Steven Levine.
- Unlearning Meditation – What to do when the instructions get in the way - Jason Siff
- Breath by Breath. - Larry Rosenburg
- Start Where You Are - Pema Chodren
- When Things Fall Apart – Pema Chodren
- Going to Pieces without Falling Apart – Mark Epstein
- Seeking the Heart of Wisdom. - Joseph Goldstein and Jack Kornfield.
- Grieving Mindfully- A Compassionate and Spiritual Guide to Coping with Loss – Sameet Kumar
- Toward a Psychology of Awakening – John Welwood
- Living in the Moment – Anna Black
- Mindfulness-based Cognitive Therapy – Rebecca Crane
- Beyond Happiness – Ezra Bayda

- *Awakening: A paradigm shift of the heart* - Rodney Smith
- *Awakening the Luminous Mind* – Tenzin Wangyal Rinpoche
- *Our Pristine Mind* – Orgyen Chowang Rinpoche