

Mindfulness Bibliography — Compiled by Jerry Braza, Ph.D.

For Lay Audiences:

Bays, Chan Chozen (M.D.). *Mindful Eating: A guide to Rediscovering A Healthy and Joyful Relationship with Food*. Shambahala, 2009.

Braza, Jerry. *The Seeds of Love: Growing Mindful Relationships*. Vermont: Tuttle Publishing, 2011.

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Hanson, Rick and Daniel Siegel. *Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom*. Oakland: New Harbinger, 2009.

Hanson, Rick. *Hardwiring for Happiness*. New York: Harmony, 2013.

Kabat-Zinn, Jon. *Full Catastrophe Living (Revised)* New York: Random House, 2013

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

Langer, Ellen. *Mindfulness*. De Capo Press, 1990.

Nhat Hanh, Thich. *The Miracle of Mindfulness: A Manual on Meditation*. Boston: Beacon Pres, 1992.

Nhat Hanh, Thich. *The Long Road Turns to Joy*. Berkeley: Parallax Press, 2011. (on walking meditation)

Tolle, Eckhart. *The Power of Now*. Novato: The New World Library, 1999.

Apps for Phone:

Insight Timer with bells for daily meditation:

<https://itunes.apple.com/us/app/insight-timer-meditation-timer/id337472899?mt=8>

Description: The Insight Timer is a fun, connected way to support your meditation practice and connect with a worldwide meditation community.

Lotus Bud Mindfulness Bell. This app was crafted to be a simple reminder to wake up and be mindful as you throughout the day:

<https://itunes.apple.com/us/app/lotus-bud-mindfulness-bell/id502329366?mt=8>

For Professionals:

A Website that offers a secular view of all the latest research and the most important aspect— “Remember to Breathe” plus great information on Interpersonal Neurobiology (IPNB). The site includes a summary of all the major neuroscientific research which indicates that the ultimate source of stress and emotional suffering is something more internal – the functioning of your own brain. Link: <http://www.remember-to-breathe.org/>

Linehan, Marsha. *Skills Training Manual for Treating Borderline Personality Disorder*. The Guilford Press; 1993.

Marlatt, Alan. *Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors*. Guilford Press, 2007.

Stahl, Bob, Elisha Goldstein and Jon Kabat-Zinn. *Mindfulness Based Stress Reduction Workbook*. New Harbinger Publication, 2010.