Mindfulness Recording Resources:

Jon Kabat-Zinn’s Mindfulness Meditation Practices: www.mindfulnesscds.com

Bob Stahl: Mindful Healing Recordings: www.mindfulnessprograms.com

Sounds True Audio: www.Soundstrue.com

Parallax Press, Books and Recordings of Thich Nhat Hanh:

www.parallax.org

Professional Training in MBSR:

OASIS Institute: An International Learning Center for MBSR Teacher training: Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts, Worcester, MA:

www.umassmed.edu/CFM/OASIS

Jefferson-Myrna Brind Center for Integrative Medicine - Stress Reduction Program, Philadelphia, PA

www.jeffersonhospital.org/cim

El Camino Hospital Mindfulness Stress Reduction Program, Mountain View, CA

www.mindfulnessprograms.com/teacher-training.html

Duke Integrative Medicine, Durham, NC

www.dukeintegrativemedicine.org/educational/mindfulness_training.aspx

Academic Education in Teaching Mindfulness-Based Interventions

Center for Mindfulness Research and Practice, School of Psychology, Bangor University, UK

www.bangor.ac.uk/imscar/mindfulness

Postgraduate Master of Science in MBCT at Oxford University

www.oxfordmindfulness.org

Centre for Mindfulness Studies affiliated with the University of Toronto, in Toronto, ON, Canada offers a certificate program in MBCT facilitation:
www.mindfulnessstudies.com/pro-training/

In Development to begin 2016: Mindfulness-Based Occupational Therapy Postgraduate Certificate Program at San Jose State University

http://www.sjsu.edu/occupationaltherapy/Programs/

DBT Training Resource: Marsha Linehan Behavioral Tech Research Inc found at www.behavioraltech.org

ACT Training Resource: Steven Hayes Association for Contextual Behavioral Science found at www.contextualpsychology.org

Readings:

**Mindfulness and Meditation**

Sylvia Boorstein  It's Easier than You Think

Tara Brach  Radical Acceptance

Pema Choren  When Things Fall Apart,

The Places that Scare You Ram Dass & Stephen Levine

Grist for the Mill Joseph Goldstein

Insight Meditation, The Practice of Freedom

Seeking the Heart of Wisdom (with Jack Kornfield)

Thich Nhat Hanh  The Miracle of Mindfulness, Being peace

Jack Kornfield A Path With Heart, A Wise Heart

Jon Kabat-Zinn  Where Ever You Go There You Are, Mindfulness in Everyday Life, Coming to Our Senses

Stephen Levine  A Gradual Awakening

Larry Rosenberg  Breath by Breath, The Liberating Practice of Insight Meditation

Sharon Salzberg  Lovingkindness, The Revolutionary Art of Happiness

Eckhart Tolle  The Power of Now, A New Earth: Awakening to Your Life's Purpose

Chogyam Trungpa Cutting Through Spiritual Materialism, The Myth of Freedom

Philip Shepherd New Self New World

Donald McCown and Diane K. Reibel Teaching Mindfulness: A Practical Guide for Clinicians and Educators

**Stress, Illness, and Healing**

Frances Weller The Wild Edge of Sorrow

Bessel van der Kolk M.D. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Michael Meade The Genius Myth

Herbert Benson The Relaxation Response

Deepak Chopra Quantum Healing, Exploring the Frontiers of Mind/Body Medicine

Norman Cousins Anatomy of an illness

Viktor Frankl Man's Search for Meaning

Elizabeth Lesser Broken Open: How Difficult Times Can Help Us Grow

Stephen Levine Healing into Life and Death

Bill Moyers Healing and the Mind (video)

Ken Peilier Mind and Healer, Mind as Slayer

Hans Selye The Stress of Life, Stress without Distress

Charles Eisenstein The Yoga of Eating: Transcending Diets and Dogma to Nourish the Natural Self

Brogan, M.D., Kelly A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives

**Parenting**

Jean Liedloff The Continuum Concept: In Search Of Happiness Lost

Parenting with Presence Susan Stiffleman