

Mindfulness-Based Stress Reduction: Resourceful Books

Arriving at your Own Door, 108 Lessons in Mindfulness by Jon Kabat-Zinn
(excerpts from Coming to Our Senses)

Break Through Pain by Shinzen Young**

Buddha's Brain by Rick Hanson

Coming To Our Senses by Jon Kabat-Zinn

Calming Your Anxious Mind by Jeffery Brantley

Full Catastrophe Living by Jon Kabat-Zinn

Heal Thyself by Saki Santorelli

Letting Everything Become Your Teacher; 100 Lessons in Mindfulness by Jon Kabat-Zinn (excerpts from Full Catastrophe Living)

The Mindfulness Path to Self-Compassion (book and CD of meditations) by Christopher Germer

The Mindful Way Through Depression (book and CD of meditations) by Mark Williams et. al. **

The Mindful Solution to Pain by Dr. Judith Gardner-Nix

Mindfulness for Beginners by Jon Kabat-Zinn**

Radical Acceptance by Tara Brach

The Art of Loving Kindness, Forgiveness, and Peace by Jack Kornfield

The Wise Heart by Jack Kornfield

Search Inside Yourself by Chade-Meng Tan

Joy on Demand by Chade-Meng Tan

True Refuge by Tara Brach

Real Happiness at Work by Sharon Salzberg

Fully Present by Susan L. Smalley and Diana Winston

Work by Tich Naht Hanh

***These books include audio CDs with guided meditations.*

[Audio CDs with guided mindfulness meditation](#)

Mindfulness Meditation for Pain Control by Jon Kabat-Zinn

Mindfulness Based Stress Relief for Beginners by Jon Kabat-Zinn