

## *Mindfulness Resources*



## **Books**

- Brach, T. (2003). *Radical Acceptance: Embracing Your Life With The Heart of a Buddha*. New York: Bantam Books.
- Brown, B. (2010). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are*. Center City, Minnesota: Hazelden.
- Germer, C. (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York: Guilford Press.
- Gilbert, P. (2013). *Mindful compassion: Using the Power of Mindfulness and Compassion to Transform Our Lives*. London: Constable & Robinson.
- Goldstein, E., & Stahl, B. (2015). *MBSR Every Day: Daily Practices From the Heart of Mindfulness-based Stress Reduction*. Oakland, California: Elisha Goldstein and Bob Stahl New Harbinger Publications.
- Markova, D. (2010). *Wide Open: On Living With Passion and Purpose*. Conari Press.
- Neff, K. (2011). *Self- Compassion*. New York: HarperCollins.
- Pearson, C. (2010). *The lesson: A Fable of Hope*. Layton, Utah: Gibbs Smith.
- Siegel, D. (2010). *Mindsight: The New Science of Personal Transformation*. New York: Bantam Books.
- Tan, C. (2012). *Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and world peace)*. New York: HarperOne.
- Zinn, J. (2012). *Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life*. Boulder, Colorado: Sounds True