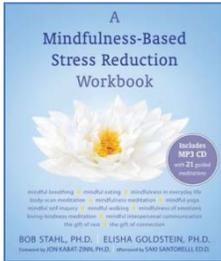


Mindfulness Resources in your Staff Library

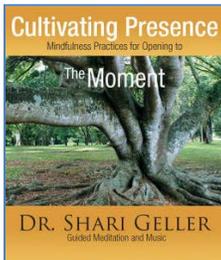


CD-ROMS



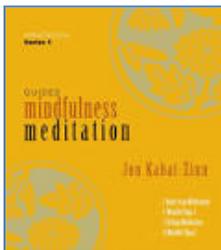
A mindfulness-based stress reduction workbook / Stahl, Bob. WM 420 S781m 2010 (Book & CD-ROM)

In just weeks, you can learn mindfulness-based stress reduction (MBSR). As you work through *A Mindfulness-Based Stress Reduction Workbook*, you'll learn how to replace stress-promoting habits with mindful ones - a skill that will last a lifetime. This groundbreaking, proven-effective program will help you relieve the symptoms of stress and identify its causes so that you can start living a healthier, happier life.



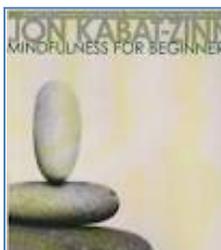
Cultivating presence: mindfulness practices for opening to the moment / Geller, Shari. WM 420 G318c 2012 (CD-ROM)

This CD reflects an inspirational duet between spoken word and music. It begins with a description of how mindfulness and music can improve health and well-being and enhance present moment awareness. Dr. Shari Geller guides us through four powerful meditations, reflecting the four embodied qualities of relational presence: *Grounding - Centered, steady and in contact with yourself; *Immersion - Absorbed and deeply engaged in the moment; *Expansion - Spacious and able to sense the whole of a situation; *With and For Another - Compassionately connected with others



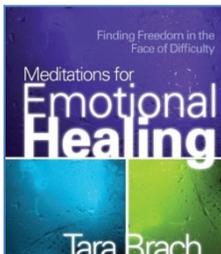
Guided mindfulness meditation / Kabat-Zinn, Jon. WM 420 K227g 2002 (4 CD-ROMs. Running time: 2 3/4 hours)

In a complete guide to mindfulness meditation practice, the author of *Coming to Our Senses* demonstrates the power of mindfulness and how it can be harnessed to affect change in both our personal lives and the world through learning, growing, and healing and presents a series of relaxation exercises, meditation practice, and insights.



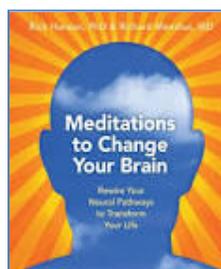
Meditation for beginners / Kornfield, Jack. WM 420 K84c 2008 (Book & CD, running time: 67 min)

Have you ever thought about trying meditation, but didn't know how to get started? With *Meditation for Beginners*, trusted teacher Jack Kornfield shows you how simple it is to start—and stick with—a daily meditation practice. In this course created especially for beginners, Kornfield offers a straightforward, step-by-step method for bringing meditation into your life.



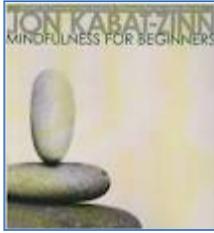
Meditations for emotional healing: finding freedom in the face of difficulty / Brach, Tara. WM 420 B68m 2009 (2 CD-ROMs)

Despite our best intentions, we often have trouble dealing effectively with strong emotions. What if you had a conscious, skillful way to respond in times of anger, fear, jealousy, shame, and other powerful emotions? *Meditations for Emotional Healing* gives us a collection of insights and practices for bringing compassion, clarity, and understanding to our emotional lives—instead of expressing or repressing them in unhealthy ways.



Meditations to change your brain: rewire your neural pathways to transform your life / Mendius, Richard. WM 420 H251m (3 CD-ROMs, running time: 3 hours, 30 minutes)

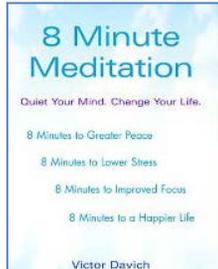
The structure of your brain changes constantly, in a dynamic, unfolding process that you yourself can direct to create the life you want. Drawing on a vast body of research spanning more than 30 years, *Meditations to Change Your Brain* collects the best meditative and contemplative practices to help anyone increase their capacity for joy, love, and spiritual bliss. Listeners join Dr. Hanson and Dr. Mendius to learn specific practices for making positive changes in their body and mind, plus four guided practices to strengthen their meditative abilities, and four guided meditations to heal and nourish their relationships.



Mindfulness for beginners : reclaiming the present moment--and your life / Kabat-Zinn, Jon. WM 420 K227m 2012 (2 CD-ROMs)

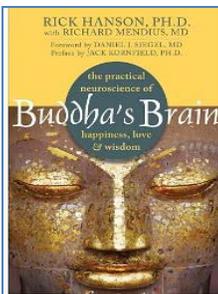
Kabat-Zinn presents "Mindfulness 101"—an accessible, comprehensive tutorial that addresses the basics of mindfulness meditation and explores the spacious, luminous, and mysterious qualities of awareness itself. CD 2 guides listeners through a series of five meditations meant to be used at home, at work, or while traveling. Includes Eating Meditation, Mindfulness of Breathing, and Mindfulness of the Body. Mindfulness means paying attention in a particular way—on purpose, in the present moment, and without judgment.

BOOKS



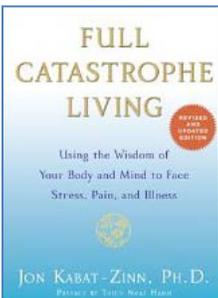
8 minute meditation : quiet your mind, change your life / Davich, Victor N. WM 420 D375 2004

As interest in meditation continues to grow, this book offers a simple, no-nonsense program to help beginners experience reduced stress and increased focus in only eight minutes a day. Designed by meditation expert and bestselling author Victor Davich, this program teaches the basic principles of meditation while clearing up the misconceptions and myths that too often get in the way.



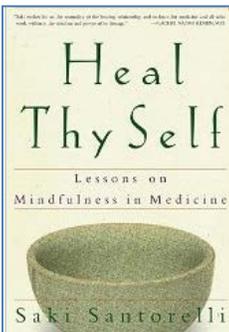
Buddha's brain : the practical neuroscience of happiness, love & wisdom / Hanson, Rick. WM 420 H251b 2009

If you change your brain, you can change your life. Using guided meditations and mindfulness exercises, you'll learn how to activate the brain states of calm, joy, and compassion instead of worry, sorrow, and anger. Most importantly, you will foster positive psychological growth that will literally change the way you live in your day-to-day life. This book presents an unprecedented intersection of psychology, neurology, and contemplative practice, and is filled with practical tools and skills that you can use everyday to tap the unused potential of your brain and rewire it over time for greater well-being and peace of mind.



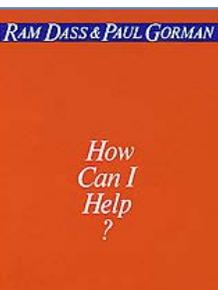
Full catastrophe living : using the wisdom of your body and mind to face stress, pain, and illness / Kabat-Zinn, Jon. WM 420 K227F 2013

Stress. It is everywhere around us. Even worse, it gets inside us: sapping our energy, undermining our health, and making us more vulnerable to anxiety, depression, and disease. Now, based on Dr. Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this groundbreaking book shows you how to use natural, medically proven methods to soothe and heal your body, mind, and spirit.. More timely than ever before, *Full Catastrophe Living* is a book for the young and the old, the well, the ill, and anyone trying to live a healthier and saner life in today's world.



Heal thy self: lessons on mindfulness in medicine / Santorelli, Saki. WM 420 S28h 2000

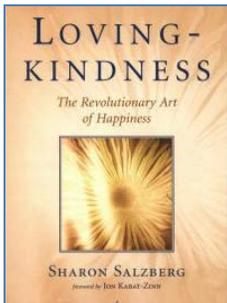
Today we are experiencing extraordinary technological advances in the diagnosis and treatment of illness while at the same time learning to take more responsibility for our own health and well-being. In this book, Saki Santorelli, director of the nationally acclaimed Stress Reduction Clinic, explores the ancient roots of medicine, and shows us how to introduce mindfulness into the crucible of the healing relationship. His approach revolutionizes the dynamics between the patient and the practitioner. In describing the classes at the clinic and the transformation that takes place in this alchemical process, he offers insights and effective methods for cultivating mindfulness in our everyday lives. As he reveals the inner landscape of his own life as a health care professional and we join him and those with whom he works on this journey of human suffering and courage, we become aware of and honor what is darkest and brightest within each one of us.



How can I help? : stories and reflections on service / Dass, Ram. WM 420 D231h 2013

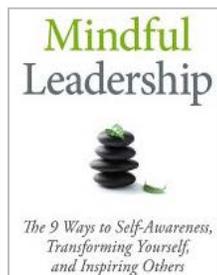
Not a day goes by without our being called upon to help one another--at home, at work, on the street, on the phone. . . . We do what we can. Yet so much comes up to complicate this natural response: "Will I have what it takes?" "How much is enough?" "How can I deal with suffering?" "And what really helps, anyway?"

In this practical helper's companion, the authors explore a path through these confusions, and provide support and inspiration for us in our efforts as members of the helping professions, as volunteers, as community activists, or simply as friends and family trying to meet each other's needs



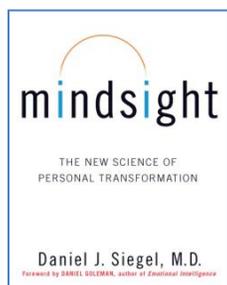
Loving-kindness: the revolutionary art of happiness / Salzberg, Sharon. WM 420 S25I 1995

In this inspiring book, Sharon Salzberg, one of America's leading spiritual teachers, draws on simple Buddhist teachings, wisdom stories from various traditions, guided meditation practices, and her own experience from twenty-five years of practice and teaching to illustrate how each one of us can cultivate love, compassion, joy, and equanimity—the four "heavenly abodes" of traditional Buddhism.



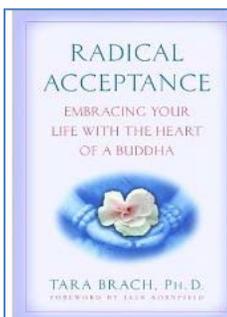
Mindful leadership : the 9 ways to self-awareness, transforming yourself, and inspiring others / Gonzalez, Maria. WM 420 G643m 2012

The book opens up a world of meditation exercises that can be done anywhere, anytime (no chanting or patchouli required!) and that are the gateway to improved judgment and decision making, improved time management, enhanced team effectiveness, greater productivity, and more on-the-job inspiration and innovation.



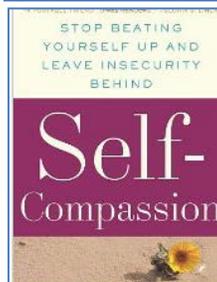
Mindsight: the new science of personal transformation / Siegel, Daniel J. WM 420 M53s 2010

This groundbreaking book, from one of the global innovators in the integration of brain science with psychotherapy, offers an extraordinary guide to the practice of "mindsight," the potent skill that is the basis for both emotional and social intelligence. From anxiety to depression and feelings of shame and inadequacy, from mood swings to addictions, OCD, and traumatic memories, most of us have a mental "trap" that causes recurring conflict in our lives and relationships.



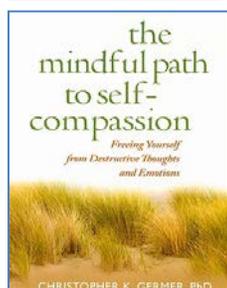
Radical acceptance: embracing your life with the heart of a buddha / Brach, Tara. WM 420 B68r 2003

Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of Radical Acceptance. *Radical Acceptance* does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.



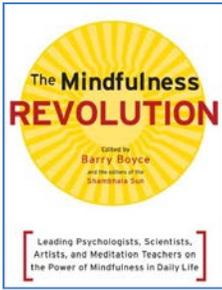
Self-compassion : stop beating yourself up and leave insecurity behind / Neff, Kristin. WM 420 N383s 2011

"A book that teaches readers how to silence self-criticism and replace it with self-compassion in order to fulfill our highest potential and live happier, more fulfilled lives"--



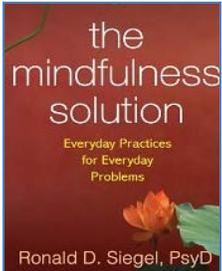
The mindful path to self-compassion : freeing yourself from destructive thoughts and emotions / Germer, Christopher K. WM 420 G373m 2009

"Buck up." "Stop feeling sorry for yourself." "Don't ruin everything." When you are anxious, sad, angry, or lonely, do you hear this self-critical voice? What would happen if, instead of fighting difficult emotions, we accepted them? This wise and eloquent book illuminates the power of self-compassion and offers creative, scientifically grounded strategies for putting it into action. You'll master practical techniques for living more fully in the present moment -- especially when hard-to-bear emotions arise -- and for being kind to yourself when you need it the most.



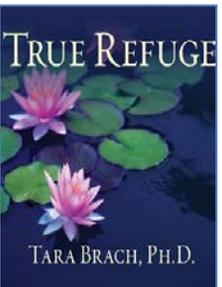
The mindfulness revolution : leading psychologists, scientists, artists, and meditation teachers on the power of mindfulness in daily life / Boyce, Barry Campbell. WM 420 B789m 2011

A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health. Countless people who have tried it say it's improved their quality of life. Simply put, mindfulness is the practice of paying steady and full attention, without judgment or criticism, to our moment-to-moment experience. Here is a collection of the best writing on what mindfulness is, why we should practice it, and how to apply it in daily life, from leading figures in the field



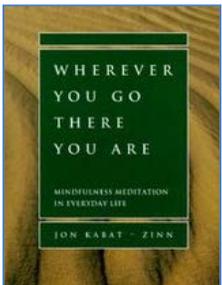
The mindfulness solution : everyday practices for everyday problems / Siegel, Ronald D. WM 420 S53m 2010

Mindfulness offers a path to well-being and tools for coping with life's inevitable hurdles. And though mindfulness may sound exotic, you can cultivate it--and reap its proven benefits--without special training or lots of spare time. You'll get effective strategies to use while driving to work, walking the dog, or washing the dishes, plus tips on creating a formal practice routine in as little as 20 minutes a day. Flexible, step-by-step action plans.



True refuge : finding peace and freedom in your own awakened heart / Brach, Tara. WM 420 B68t 2012

How do you cope when facing life-threatening illness, family conflict, faltering relationships, old trauma, obsessive thinking, overwhelming emotion, or inevitable loss? If you're like most people, chances are you react with fear and confusion, falling back on timeworn strategies: anger, self-judgment, and addictive behaviors. Though these old, conditioned attempts to control our life may offer fleeting relief, ultimately they leave us feeling isolated and mired in pain. There is another way. Beneath the turbulence of our thoughts and emotions exists a profound stillness, a silent awareness capable of limitless love.



Wherever you go, there you are : mindfulness meditation in everyday life / Kabat-Zinn, Jon. WM 420 K227w 2005

When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Discussing the different philosophies behind meditation and different techniques for practice, Kabat-Zinn focuses on the principles of practicing mindfulness- a state of active, open attention on the present. He also describes different meditation techniques, including two visualization techniques, The Mountain Meditation and The Lake Meditation, and gives further insights into mindfulness, including the concept of karma.

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