Handout: Resource List

Websites

- Mindfulness-Based Relapse Prevention Audio Guided Meditations:
  https://practicembrp.com/
  https://www.mindfulrp.com/for-clients
- Downloadable meditation teachings and instruction from Dharma Seed:
  www.dharmaseed.org
- Meditation instructions, including mindfulness of breath and lovingkindness or compassion meditation: www.lisadalemiller.com
- Meditation CDs and tapes developed by Jon Kabat-Zinn for the MBSR program:
  https://www.mindfulnesscds.com/collections/cds
- Teachings, discussions, resources, listings of retreats: https://www.againstthestream.com/
- Links and articles relevant to meditation and recovery: www.buddhistrecovery.org
- Meetings and resources related to mindfulness and recovery: https://recoverydharma.org/
- Mindfulness Based Cancer Recovery: https://www.mindfulcancerrecovery.com/
- Mindful Chair Yoga by Corey Roos:
  https://www.youtube.com/playlist?list=PLgY2pkeXHVlHYv3aA6eaP_i8XAeIw7pCF

Books

- *Dharma Punx: A Memoir*, by Noah Levine. New York: Harper San Francisco, 2003.
- *Insight Meditation: The Practice of Freedom,* by Joseph Goldstein. Boston: Shambhala, 1993.
- *The Mindful Path to Self-compassion: Freeing Yourself from Destructive Thoughts and Emotions,* by Christopher K. Germer. New York: Guilford Press, 2009
- *Mindful Recovery: A Spiritual Path to Healing from Addiction,* by Thomas Bien and Beverly Bien. New York: Wiley, 2002.
- *The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life,* by Susan M. Orsillo and Lizabeth Roemer. New York: Guilford Press, 2011.
- *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness,* by J. Mark G. Williams, John D. Teasdale, Zindel V. Segal, and Jon Kabat-Zinn. New York: Guilford Press, 2007.
- *The Mindfulness Solution: Everyday Practices for Everyday Problems,* by Ronald D. Siegel. New York: Guilford Press, 2010.
- *The Miracle of Mindfulness: An Introduction of the Practice of Meditation,* by Thich Nhat Hanh. Boston: Beacon Press, 1987.
- *One Breath at a Time: Buddhism and the Twelve Steps,* by Kevin Griffin. Emmaus, PA: Rodale, 2004.

- A *Path with Heart: A Guide through the Perils and Promises of Spiritual Life,* by Jack Kornfield. New York: Bantam, 1993.
- *Radical Acceptance: Embracing Your life with the Heart of a Buddha,* by Tara Brach. New York: Bantam, 2003
- *Seeking the Heart of Wisdom: The Path of Insight Meditation,* by Joseph Goldstein and Jack Kornfield. Boston: Shambhala, 1987
- *Start Where You Are: A Guide to Compassionate Living,* by Pema Chodron. Boston: Shambhala, 1994
- *When Things Fall Apart: Heart Advice for Difficult Times,* by Pema Chodron, Boston: Shambhala, 1997
- *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life,* by Jon Kabat-Zinn. New York: Hyperion, 1994.

Local Mindfulness Center in Tampa area

- *Florida Community of Mindfulness;* 6501 N. Nebraska Ave, Tampa, FL 33604: https://floridamindfulness.org/

Smartphone Applications

- Insight Timer
- 3 Good Things
- Headspace
- Plum Village