

Handout: Resource List

Websites

- Downloadable meditation teachings and instruction from Dharma Seed:
www.dharmaseed.org
- Meditation instructions, including mindfulness of breath and lovingkindness or compassion meditation: www.lisadalemler.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: www.dharmapunk.com
- Links and articles relevant to meditation and recovery: www.buddhistrecovery.org

Books

- *Dharma Punk: 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 Centers

- *Florida Community of Mindfulness*; 6501 N. Nebraska Ave, Tampa, FL 33604:
<https://floridamindfulness.org/>
- *Mindful Ways to Wellness*; 735 Arlington Ave. N Suite 210, St. Petersburg. FL 33701:
<https://www.mindfulwaystowellness.com/about>