

## Selected Books on Meditation and Mindfulness

- Kornfield, J. (1993) *A Path with Heart*, New York: Bantam Books
- Kornfield, J. (2008) *Wise Heart*, New York: Bantam Books
- Kabat-Zinn, J. (1994) *Wherever You Go, There You Are*, New York: Hyperion
- Kabat-Zinn, (1990) *Full Catastrophe Living*, New York: Dell
- Hanh, T. N. and Mai, V. (1999) *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*, Boston: Beacon Press
- Hanh, T. N., (2009) *You Are Here*, Boston: Shambhala
- Hanh, T, N. and Kotter, A. (1992) *Peace is Every Step*, New York: Bantam
- Siegel, D. (2007) *The Mindful Brain*, New York: Norton
- Kumar, S. (2005) *Grieving Mindfully*, Oakland: New Harbinger
- Alexander, R. (2009) *Wise Mind, Open Mind*, Oakland: New Harbinger
- Wilber, K. (2006) *Integral Spirituality*, Boston: Integral Books
- App: Insight Timer

## Selected Books on using Meditation/Mindfulness in Psychotherapy

- Hayes, S., Follette, V., and Lindhan, M, (2011) *Mindfulness and Acceptance*, New York: The Guilford Press
- Kabat-Zinn, (1990) *Full Catastrophe Living*, New York: Dell
- Niemiec, R. (2014) *Mindfulness and Character Strengths*, Boston: Hogrefe
- Williams, M. and Teasdale, J. (2007) *The Mindful Way Through Depression*, New York: The Guilford Press
- Strosahl, K. and Robinson, P. (2017) *The Mindfulness and Acceptance Workbook for Depression*, Oakland: New Harbinger
- Forsyth, J. and Eifert, G. (2016) *The Mindfulness and Acceptance Workbook for Anxiety*, Oakland: New Harbinger
- Harris, R. and Hayes, S. (2009) *ACT made Simple*, Oakland: New Harbinger

- Luoma, J., Hayes, S., and Walser, R. (2007) *Learning ACT*, Oakland: New Harbinger
- Germer, C., Siegel, R. and Fulton, P. (Eds) (2016) *Mindfulness and Psychotherapy*, (2<sup>nd</sup> ed.) New York: The Guilford Press.
- Siegel, R. (2010) *The Mindfulness Solution*, New York: The Guilford Press
- Walser, R. and Westrup, D. (2009) *The Mindful Couple*, Oakland: New Harbinger
- Pollack, S., Pedulla, T., and Siegel, R. (2016) *Sitting Together*, New York: The Guilford Press
- Segal, Z., Williams, M., and Teasdale, J. (2012) *Mindfulness-based Cognitive Therapy for Depression*, New York: The Guilford Press
- Goldstein, E. (2015) *Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion*, New York: Simon and Schuster
- Wilber, K., (2000) *Integral Psychology*, Boston: Shambhala