



## **Mindfulness Resources**

### **BOOKS**

Daniel Goleman (1996). *Emotional Intelligence: Why it Can Matter More than IQ*. London: Bloomsbury.

Daniel Goleman & Dalai Lama (2003). *Destructive Emotions: How Can We Overcome Them?* New York: Bantam.

Eckhart Tolle (2001). *The Power of Now: A Guide to Spiritual Enlightenment*. Vancouver, Canada: Namaste.

Joseph Goldstein & Jack Kornfield (1987). *Seeking the Heart of Wisdom: The Path of Insight Meditation*. Boston: Shambhala.

Jon Kabat-Zinn (1991). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness: The Program of the Stress Reduction Clinic at the University of Massachusetts Medical Center*. New York: Delta.

Jon Kabat-Zinn (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. New York: Hyperion.

Jon Kabat-Zinn (2005). *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*. New York: Hyperion.

Jon Kabat-Zinn & Myla Kabat-Zinn (1997). *Everyday Blessings: The Inner Work of Mindful Parenting*. New York: Hyperion.

See [www.mindfulnessstapes.com](http://www.mindfulnessstapes.com) for full details of all Kabat-Zinn's books and meditation CDs/Tapes.

# Websites

## Mindfulness Meditation/Yoga Web Resources

[www.mindfulness.org.au](http://www.mindfulness.org.au)

Website of Psychiatrist Dr Chris Walsh, Victoria, linking mindfulness with modern medicine and psychology for the public and health professionals alike.

[www.umassmed.edu](http://www.umassmed.edu)

Website of the University of Massachusetts Medical School, Centre for Mindfulness in Medicine, Health Care, and Society.

[www.openground.com.au](http://www.openground.com.au)

Website of Openground Training and Consulting, NSW, offering MBSR courses certified by the Stress Reduction Clinic, University of Massachusetts Medical Center (Jon Kabat-Zinn's original program).

[www.bswa.org](http://www.bswa.org)

Website of the Buddhist Society of Western Australia, Nollamara, offering free meditations, talks, and audio/video downloads.

[www.yoga.com.au](http://www.yoga.com.au)

Website of YogaHealth, Western Australia's largest yoga company, offering yoga classes with a mindful orientation (the same style used in our course).

[www.shivanandaashram.org.au](http://www.shivanandaashram.org.au)

Website of the Beacon Yoga Centre and Shivananda Ashram, offering self-realisation teaching and yoga classes

# Online Multimedia

## YouTube Postings

<http://www.youtube.com/watch?v=f6T21cFogQE>

YouTube posting of excerpts of Coming to Our Senses with Jon Kabat-Zinn, PhD.



## **Online Audio Clips**

<http://www.soundstrue.com/shop/STBrowse.do?searchPage=0&cat=22>

Sounds True audio catalogue of mindfulness and presence, with free excerpts (click the play button under “Preview”) including the following:

Thich Nhat Hanh’s Living Without Stress or Fear

<http://www.soundstrue.com/shop/SelectProd.do?prodId=1939&manufacturer=Sounds%20True&category=Beginning%20Meditation&name=Living%20Without%20Stress%20or%20Fear>

Kim Eng’s Meditations for a New Earth

<http://www.soundstrue.com/shop/SelectProd.do?prodId=1668&manufacturer=Sounds%20True&category=Beginning%20Meditation&name=Meditations%20for%20a%20New%20Earth>

Dr Jon Kabat-Zinn’s Mindfulness for Beginners

<http://www.soundstrue.com/shop/SelectProd.do?prodId=531&manufacturer=Sounds%20True&category=Stress%20&%20Anxiety%20Relief&name=Mindfulness%20for%20Beginners>

Dr Jon Kabat-Zinn’s Guided Mindfulness Meditation

<http://www.soundstrue.com/shop/SelectProd.do?prodId=205&manufacturer=Sounds%20True&category=Mindfulness%20&%20Presence&name=Guided%20Mindfulness%20Meditation>

Dr Tara Brach’s Radical Self-Acceptance

<http://www.soundstrue.com/shop/SelectProd.do?prodId=330&manufacturer=Sounds%20True&category=Compassion%20&%20Lovingkindness&name=Radical%20Self-Acceptance>

Jack Kornfield’s Guided Meditation

<http://www.soundstrue.com/shop/SelectProd.do?prodId=172&manufacturer=Sounds%20True&category=Beginning%20Meditation&name=Guided%20Meditation>