

Handout: Resource List

Websites

- Mindfulness-Based Relapse Prevention Audio Guided Meditations:
<https://practicembrp.com/>
<https://www.mindfulrp.com/for-clients>
- Mindfulness Based Cancer Recovery: <https://www.mindfulcancerrecovery.com/>
- Secular Buddhism Podcast <https://eightfoldpath.com/sbp>
- Downloadable meditation teachings and instruction from Dharma Seed:
www.dharmaseed.org
- 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/>
- Mindful Chair Yoga by Corey Roos:
<https://www.youtube.com/playlist?list=PLgY2pkeXHVlHYv3aA6eaPi8XAelw7pCF>

Books

- *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*, by Jon Kabat-Zinn. New York: Hyperion, 1994.
- *Radical Acceptance: Embracing Your life with the Heart of a Buddha*, by Tara Brach. New York: Bantam, 2003
- *When Things Fall Apart: Heart Advice for Difficult Times*, by Pema Chodron, Boston: Shambhala, 1997
- *Mindful Recovery: A Spiritual Path to Healing from Addiction*, by Thomas Bien and Beverly Bien. New York: Wiley, 2002.
- *Mindfulness: A Practical Guide to Awakening*, by Joseph Goldstein. Sounds True. 2013
- *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
- *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.
- *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

Local Mindfulness Center in Tampa area

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

Smartphone Applications

- Insight Timer (free, with options to pay for additional content)
- 3 Good Things (free)
- Headspace (monthly fee)
- Plum Village (free)
- quitSTART (NCI quit smoking app; free)
- Craving To Quit (Mindfulness for Quitting Smoking; free initially but then shift to pay)