

Books on Mindfulness

- ❖ *Mindfulness for Beginners - Reclaiming the present moment and your life*
 - John Kabat-Zinn

- ❖ *Wherever you go, there you are: Mindfulness Meditation for everyday life*
 - Jon Kabat-Zinn

- ❖ *Full Catastrophe Living. How to cope with stress, pain and illness using mindfulness meditation*
 - Jon Kabat-Zinn

- ❖ *The Mindful Way through Depression. Freeing yourself from chronic unhappiness.*
 - Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn

- ❖ *A Practical Guide to Finding Peace in a Frantic World.*
 - Williams, J. M. and D. Penman

- ❖ *Mindfulness for Health. A Practical guide to Relieving Pain, Reducing Stress and Restoring Well being.*
 - Vidyamala Burch & Danny Penman

- ❖ *The Mindfulness Solution. Everyday Practices for Everyday Problems.*
 - Ronald D. Siegal