

Mindfulness Books

- Brach, Tara. (2012). *True Refuge: Finding peace and freedom in your own awakened heart*. Bantam.
Also: (2003). *Radical Acceptance: Embracing you life with the heart of a Buddha*. Bantam.
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- Germer, C., Siegel, R., & Fulton, P. (Eds.). (2013). *Mindfulness and Psychotherapy (Second Edition)*. Guilford Press.
- Germer, C. & Siegel, D. (Eds.). (2012). *Wisdom and Compassion in Psychotherapy: Deepening mindfulness in clinical practice*. NY: Guilford Press.
- Hanh, Thich Nhat (1975). *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*. Boston: Beacon Press.
Also, *Peace is every Step: The path of mindfulness in every day life* (1992); and many other books.
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- Kabat-Zinn, Jon (2005). *Coming to Our Senses: Healing ourselves and the world through mindfulness*. New York: Hyperion. (1995). Also: *Wherever You Go There You Are: Mindfulness meditation in everyday life*. (1994). *Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain, and illness*. (1990)

- Orsillo, S. & Roemer, L. (2011). *The Mindful Way through Anxiety: Break free from chronic worry and reclaim your life*. NY: Guilford Press.
- Pederson, L.(2012). *The Expanded Dialectical Behavior Therapy Skills Training Manual: Practical DBT for self-help, and individual & group treatment centers*. Premier Publishing & Media.
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- Semple, R.J. & Lee, J. (2011). *Mindfulness-based Cognitive Therapy for Anxious Children: A manual for treating childhood anxiety*. New Harbinger Publications.
- Siegel, Dan. (2010). *Mindsight: The new science of personal transformation*. Bantam. Also: *The Mindful therapist: A clinicians guide to mindsight and neural integration* (2010), *The Mindful brain: Reflection and attunement in the cultivation of well-being*. (2007).
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- Strosahl, K.D. & Robinson, P.J. (2008). *The Mindfulness & Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move through Depression and Create a life worth living*. New Harbinger Workbook.
- Williams, M. Teasdale, J., Segal, Z. & Kabat-Zinn, J. (2007) *The Mindful Way through Depression: Freeing yourself from Chronic Unhappiness*. Guilford Press.

Centering Prayer

- Keating, T. Fr. (2006) Reprint. *Open Mind, Open Heart (Centering Prayer)*. Continuum books.
- Bourgeault, C. (2004). *Centering Prayer and Inner Awakening*. Cowley Publications.