

# Reinforce your Mindful practice

## **Mindfulness-based approaches**

- Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness. Jon Kabat-Zinn
- Coming to Our Senses Jon Kabat-Zinn
- Mindfulness-based Cognitive Therapy for Depression. A New Approach to Preventing Relapse. Segal, Z.V., Williams, J.M.G. & Teasdale, J.D. 2002 Guilford Press.
- Heal Thyself. Lessons on Mindfulness in Medicine. Saki Santorelli. (Bell Tower. 1999.)

## **Other publications by Jon Kabat-Zinn**

- Everyday Blessings. The Inner Work of Mindful Parenting. Jon and Myla Kabat-Zinn
- Mindfulness Meditation in Everyday Life. Jon Kabat-Zinn.(Hyperion. 1994.)
- How to Use Mind and Breathing to Heal Your Body and Refresh Your Mind. Jon-Kabat-Zinn.
- Meditation for Optimum Health. Andrew Weil and Jon Kabat-Zinn.
- Pebbles and Pearls. Meditations with Jon Kabat Zinn.
- Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind. (Audio cassette. 1995). Jon Kabat-Zinn.

## **Theoretical Background**

- The Psychology of Meditation. West M.A. (Clarendon Press, 1990)
- The Psychological Treatment of Depression: A Guide to the theory and practice of cognitive-behavioural therapy. Williams, J.M.G, Watts, F.N, Macleod, C and Matthews, A.(1997)Routledge, London.
- The transformation of meaning in psychological therapies. Eds. Power & Brewin. (Wiley, 1997).

### **Basic texts on Mindfulness**

- A Path with Heart. A guide through the promises and perils of spiritual life. Jack Kornfield. (Rider, 1994)
- After the Ecstasy the Laundry. How the heart grows wise on the spiritual path. Jack Kornfield.
- What is meditation, How to develop a meditation practice and the benefits of meditation. Christina Feldman.
- Breath by Breath: The liberating Practice of Insight meditation. Larry Rosenberg et al. (July 1999)
- How to Meditate. Lawrence LeShan. (Thorsons, 1993)
- The Fine Art of Relaxation, Concentration and Meditation. Joel Levey, (Wisdom Publications 1987.)
- Seeking the Heart of Wisdom, The Path of Insight Meditation, Joseph Goldstein and Jack Kornfield. (Shambala. 1987.)
- The Experience of Insight. Joseph Goldstein. (Unity. 1979.)
- Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food. Susan Albers, New Harbinger Publications, 2002.

### **Buddhism and Mindfulness**

- The Miracle of Mindfulness. Thich Nhat Hanh, (Beacon, 1975)
- Loving-Kindness. The Revolutionary Art of Happiness. Sharon Salzberg. (Shambala1995.)
- A Heart As Wide As The World. Living with Mindfulness, Wisdom and Compassion. (Shambala. 1997.)
- The Wisdom of No Escape and the Path of Loving-Kindness. Pema Chodren. (Shambala. 1997 )

[http://www.uces.bangor.ac.uk/mindfulness/mindfulness\\_tapes.html](http://www.uces.bangor.ac.uk/mindfulness/mindfulness_tapes.html)

Centre for Mindfulness  
Research and Practice

Mindfulness tapes

[CYMRAEG]



We have some mindfulness meditation tapes and CDs available for sale, which have been made by mindfulness instructors working in North Wales. We hope to increase our range of tapes in the future.

**TAPES AND CDs CURRENTLY AVAILABLE**

Mindfulness meditation practice tape or double CD (45 minutes each side):

- CD one: Body scan-Meditation which guides you in mindfulness awareness of sensations arising in your body.
- CD two: Sitting meditation- a guided meditation on the breath, body, sounds, thoughts and emotions.

There are two recorded versions of these tapes/CDs available, one by Rebecca Crane and the other by Sarah Silverton.

Mindful movement meditation tape or CD with Rebecca Crane

- Side/track one: Guided mindful stretches and movements (40 mins).
- Side/track two: Guided mindful walking (30 mins)

Cost: for each of the above is £10 (includes postage and packing). If you are ordering more than 20 tapes or CD's at a time the cost is reduced to £8 per tape/CD