

Mindfulness Resources

Mindfulness Meditation CDs by Bob Stahl

To purchase or listen to a sample of these CDs, visit www.mbsrworkbook.com or www.mindfulnessprograms.com/mindful-healing-series.html. You can also purchase them at Amazon.com.

- Opening to Change, Forgiveness, and Loving-Kindness
- Working with Chronic Pain
- Working with Neck and Shoulder Pain
- Working with Back Pain
- Working with Insomnia and Sleep Challenges
- Working with Anxiety, Fear, and Panic
- Working with Headaches and Migraines
- Working with Asthma, COPD, and Respiratory Challenges
- Body Scan and Sitting Meditation
- Lying and Standing Yoga
- Impermanence and Loving-Kindness Meditation

Additional Reading

- Chödrön, P. 2000. *When Things Fall Apart*. Boston: Shambhala
- Epstein, M. 1995. *Thoughts Without a Thinker*. New York: Perseus Group.
- Goldstein, J., and J. Kornfield. 2001. *Seeking the Heart of Wisdom*. Boston: Shambhala.
- Gunaratana, B. H. 2002. *Mindfulness in Plain English*. Boston: Wisdom.
- *Kabat-Zinn, J. 1990. *Full Catastrophe Living*. New York: Delta.
- *Kabat-Zinn, J. 1994. *Wherever You Go, There You Are*. New York: Hyperion.
- *Kabat-Zinn, J. 2005. *Coming to Our Senses*. New York: Hyperion.
- *Kabat-Zinn, J. 2007. *Arriving at Your Own Door: 108 Lessons in Mindfulness*. New York: Hyperion.
- Kornfield, J. 1993. *A Path with Heart*. New York: Bantam.
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- *Salzberg, S. 2002. *Lovingkindness*. Boston: Shambhala.

Stress, Illness, and Healing

- Benson, H. 1976. *The Relaxation Response*. New York: Harper.
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- Muller, W. 1999. *Sabbath: Restoring the Sacred Rhythm of Rest*. New York: Bantam.
- *Orsillo, S. M. and Roemer, L. 2011. *The Mindful Way Through Anxiety*. New York: Guilford Press.
- Selye, H. 1975. *Stress Without Distress*. New York: Signet.
- Selye, H. 1978. *The Stress of Life*. New York: McGraw-Hill.
- Siegel, D. 2007. *The Mindful Brain*. New York: W. W. Norton.
- *Stahl, B. and Goldstein, E. 2010. *A Mindfulness-Based Stress Reduction Workbook*. Oakland, CA: New Harbinger.
- *Williams, M., J. Teasdale, Z. Segal, and J. Kabat-Zinn. 2007. *The Mindful Way Through Depression*. New York: Guilford Press.