Alverno Community Conference 2014: A Matter of Mindfulness Bibliography and Resources

Books

*Begley, Sharon. Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves.

Biegel, Gina. The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal With Stress.

*Carroll, Michael. Awake at Work: 35 Practical Buddhist Principles for Discovering Clarity and Balance in the Midst of Work's Chaos.

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*Chosen Bays, Jan. *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food.*

*Davidson, Richard. The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live—and How You Can Change Them.

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Greenland, Susan. The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate.

*Harris, Dan. 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works – A True Story.

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*Kabat-Zinn, Jon. Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness.

*Langer, Ellen. The Power of Mindful Learning.

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*Siegel, Daniel. The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being.

*Thich Nhat Hanh, The Miracle of Mindfulness: An Introduction to the Practice of Meditation.

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*Chödrön, Pema. *How to Meditate: A Practical Guide to Making Friends with Your Mind.*

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*Kabat-Zinn, Jon. *Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life.*

*Salzberg, Sharon, Lovingkindness Meditation: Learning to Love Through Insight Meditation.

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http://thehawnfoundation.org/mindup/

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www.garrisoninstitute.org

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http://www.psychologytoday.com/articles/200810/the-art-now-six-steps-living-in-the-moment

*Available for purchase at the Alverno Community Conference.