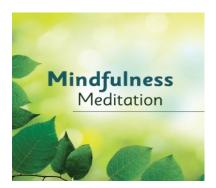
READING AND REFERENCE LIST



References:

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- Bays MD, Jan Chozen; mindful eating
- Crane, Rebecca; Mindfulness-Based Cognitive Therapy
- Kabat-Zinn, Jon; Full Catastrophe Living
- McCown, Donald, Reibel, Diane, Micozzi, Marc S.; Teaching Mindfulness
- Sigal, Zindel V., Williams, J.Mark G., Teasdale, John D.; Mindfulness-Based Cognitive Therapy for Depression
- Stahl PH.D., Bob and Goldstein PH.D., Elisha: A Mindfulness-Based Stress Reduction
- Williams, Mark, Teasdale, John, Segal, Zindel, Kabat-Zinn, Jobn; The Mindful Way through Depression
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- Mayo Clinic Rochester MN. Educational Material from month long program in Physical, Occupational and Pain Management Therapy Program Manual
- Blue Star Coloring; Adult Coloring Book: Stress Relieving Patterns
- Farrarons Emma The Mindfulness Coloring Book

Reading List:

- ✓ 10 Mouthfuls to Full Anne Marshall
- ✓ Anywhere, Anytime, Any Body Yoga Emily Slonina
- ✓ Arriving at Your Own Door Jon Kabat-Zinn
- ✓ **Eating Meditation** Jon Kabat-Zinn
- ✓ **Getting Past your Past** Francine Shapiro Mindfulness Meditations in Everyday Life an
- ✓ How to Meditate: Mindfulness Journeys to the Heart Brian Hilliard
- ✓ Exercises Jon Kabat-Zinn
- ✓ Forks over Knives Edited by Gene Stone
- ✓ Mindfulness-Based Cognitive Therapy For Dummies Patrizia Collard
- ✓ Mindfulness Meditation for Pain Relief Jon Kabat-Zinn
- ✓ Mindfulness for Beginners Jon Kabat-Zinn
- ✓ **Presentation Zen** –Garr Revnolds
- ✓ The Mindfulness Solution to Pain Dr. Jackie Gardner-Nix
- ✓ The World of Relaxation Jon Kabat-Zinn
- ✓ Wherever You Go There You Are Jon Kabat-Zinn