

OLLI at Vanderbilt University
Mindfulness and Meditation Class
Spring 2018

This is a short list of helpful resources for establishing and building a mindfulness practice. There are many other wonderful resources, authors, etc., but these may help if you are looking for a place to start.

Books:

Thich Nhat Hanh

Peace is Every Step
Living Buddha Living Christ
Anger: Wisdom for Cooling the Flames
True Love: A Practice for Awakening the Heart

Pema Chodron

How to Meditate: A Practical Guide to Making Friends with Your Mind
When Things Fall Apart
Living Beautifully with Uncertainty and Change
Taking the Leap: Freeing Ourselves from Old Habits and Fears

Jon Kabat-Zinn

Mindfulness for Beginners
Full Catastrophe Living (also has a huge bibliography of additional readings in the back)
Wherever You Go There You Are

Websites:

UC San Diego's Center for Mindfulness website with free guided meditations
<http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

Meditation training via email and online guided meditations
www.fragrantheart.com

Sounds True – books and guided meditation from a variety of excellent teachers including those listed above:
<http://www.soundstrue.com/store/>

Additional Jon Kabat-Zinn recorded meditation trainings:
<https://www.betterlisten.com/pages/jonkabatzinnsseries123>