

MBCT Program Additional Resources

Books

| Title | Author(s) |
|---|---------------------------------------|
| No Time Like the Present | Jack Kornfield |
| Radical Acceptance | Tara Brach |
| Meditations for Emotional Healing | Tara Brach |
| Start Where You Are | Pema Chödrön |
| The Places That Scare You | Pema Chödrön |
| The Mindful Path to Self-Compassion | Chris Gerber |
| Change Your Brain Change Your Life | Daniel G. Amen |
| Dark Side of the Light Chasers | Debbie Ford |
| You Are Not Your Pain: Using Mindfulness to Reduce Pain, Reduce Stress and Restore Well-being | Vidyamala Burch |
| The Mindfulness Solution to Pain | Jackie Gardner-Nix |
| Wherever You Go, There You Are | Jon Kabat-Zinn |
| The Mindfulness Solution: Everyday Practices for Everyday Problems | Ron Siegel |
| Peace is Every Step | Thich Nhat Hanh |
| The Miracle of Mindfulness | Thich Nhat Hanh |
| The Mindful Way Through Anxiety | Susan M. Orsillo / Lizabeth Roemer |
| The Mindful Brain | Dan Siegel |
| Loving Kindness: The Revolutionary Art of Happiness | Sharon Salzberg |
| The Power of Now | Eckhart Tolle |
| The Mindful Way Through Depression | J. Mark Williams / John Teasdale |

Websites

Tara Brach - podcasts and guided meditations
Jack Kornfield - podcasts and guided meditations
John Kabat-Zinn
Kristen Neff & Christopher Germer

<https://www.tarabrach.com/>
<https://jackkornfield.com/>
<https://www.jonkabat-zinn.com/>
<https://self-compassion.org/>

Mobile Apps

Calm
Insight Timer
Headspace
10% Happier