

MINDFULNESS RESOURCES

Mindfulness and Personal Development

Books

- *The Miracle of Mindfulness: A Manual on Meditation* by Thich Nhat Hanh
- *Peace is Every Step: The Path of Mindfulness in Everyday Life* by Thich Nhat Hanh
- *The Long Road Turns to Joy: A guide to Walking Meditation* by Thich Nhat Hanh
- *Mindfulness* by Ellen J. Langer
- *Mindfulness and Meaningful Work* edited by Claude Whitmyer
- *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food* by Jan Chozen Bays
- *Sharing Silence: Meditation Practice and Mindful Living* by Gunilla Norris
- *Integral Meditation: Mindfulness as a Way to Grow Up, Wake Up, and Show Up in Your Life* by Ken Wilber
- *Altered Traits: Science Reveals How Meditation Changes Your Mind, Body, and Brain* by Daniel Goleman and Richard J. Davidson
- *From Mindfulness to Heartfulness: Transforming Self and Society with Compassion* by Stephen Murphy-Shigematsu
- *Haiku Mind: 108 Poems to Cultivate Awareness and Open Your Heart* by Patricia Donegan
- *A Year of Mindfulness for Beginners: Daily Mantras, Meditations, and Prompts* by Lee Papa
- *Say What You Mean: A Mindful Approach to Nonviolent Communication* by Oren Jay Sofer
- *The Mindfulness Journal for Anxiety: Daily Prompts and Practices to Find Peace* by Tanya J. Peterson
- *The 5-Minute Mindfulness Journal: Daily Practices for a Calmer, Happier You* by Noah Rasheta
- *The Mindful Eating Workbook: Simple Mindfulness Practices to Nurture a Healthy Relationship with Food* by Vincci Tsui
- *Mindfulness for Beginners: A Step by Step Guide to Relieve Yourself from Anxiety and Enjoy Life Again* by Luc Grand
- *The Mindful Eating Journal: Prompts and Practices to Restore Your Relationship with Food* by Alyssa Snow Callahan
- *Mindful Travelling: Journeying the World, Discovering Yourself* by Sarah Samuel
- *The Little Book of Contemplative Photography: Seeing with Wonder, Respect, and Humility* by Howard Zehr
- *Mindful Self-Compassion: Practical Strategies to Cultivate Self-Awareness and Nurture Emotional Well-Being* by Tiffany Shelton Mariolle
- *Inner Peace: A Guided Meditation Journal for Beginners* by Jordana Reim
- *Meditation for Busy People: 60 Seconds to Serenity* by Dawn Groves
- *Don't Just Do Something, Sit There: A Mindfulness Retreat* by Sylvia Boorstein
- *Mindfulness and the Big Questions* by Ben Irvine
- *Real Change: Mindfulness to Heal Ourselves and the World* by Sharon Salzberg
- *Mindfully Green: A Personal and Spiritual Guide to Whole Earth Thinking* by Stephanie Kaza

- *Modern Spirituality: A Guide to the Heart of Mindfulness, Meditation, and the Art of Healing* by Benjamin W. Decker
- *Labyrinth Meditations: Meditation Exercises for Mindfulness and Centering* by Madonna Gauding
- *Mindful Crafting: The Maker's Creative Journey* by Sarah Samuel
- *The Mindful Activist: Exploration Journal* by Tessa Murphy
- *Mindfulness & the Natural World: Bringing Our Awareness Back to Nature* by Claire Thompson
- *Mindfulness & the Art of Drawing: A Creative Path to Awareness* by Wendy Ann Greenhalgh
- *Mindfulness in Sound: Tune in to the World Around Us* by Mark Tanner
- *Mindful Walking: The Secret Language of Nature* by Alice Peck
- *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness* by Rhonda V. Magee
- *Mindful of Race: Transforming Racism from the Inside Out* by Ruth King
- *Looking at Mindfulness: Twenty-five Paintings to Change the Way You Live* by Christophe André
- *The Mindful Universe: A Journey Through the Inner and Outer Cosmos* by Mark Westmoquette
- *Meditations: Creative Visualization and Meditation Exercises to Enrich Your Life* by Shakti Gawain
- *How to Meditate: A Guide to Self-Discovery* by Lawrence LeShan
- *Walking Labyrinths at Home: A Colorful Journey* by Christopher L. Smith
- *A Labyrinth Guided Journal* by Aliyah Schick
- *Walking the Healing Labyrinth* by Helen Raphael Sands
- *Labyrinth A-Z: An Introduction to the How, What, and Why of Labyrinths and Labyrinth Walking* by Clive Johnson
- *Labyrinth: Your Path to Self-Discovery* by Tony Christie
- *Labyrinths: A Journey of Discovery* by Lea Goode-Harris
- *The Sand Labyrinth: Meditation at Your Fingertips* by Lauren Artress
- *Working with the Labyrinth: Paths for Exploration* by Ruth Sewell, Jan Sellers, Di Williams
- *Reducing Stress Through Labyrinth Walking: A Guide* by Donna M. Zucker
- *The Magic of Labyrinths: Following Your Path, Finding Your Center* by Liz Simpson
- *The Way of the Labyrinth: A Powerful Meditation for Everyday Life* by Helen Curry
- *The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform* by Lauren Artress
- *The Path of the Holy Fool: How the Labyrinth Ignites Our Visionary Powers* by Lauren Artress
- *Journaling the Labyrinth Path: A Creative Pilgrimage Journey* by Catherine Anderson
- *Walking the Labyrinth: A Spiritual and Practical Guide* by Sally Welch
- *Fine Lines: Walking the Labyrinth of Grief and Loss* by Kathy Swaar
- *Labyrinth Walking: Patterns of Power* by Patricia Telesco
- *Pocket Stress Manager and Labyrinth Guide* by Neal Harris
- *Walking the Labyrinth* by Tchenka Jane Sunderland

- *Meeting Your Soul on the Labyrinth: SoulCollage® and the Labyrinth as Pathways for Transformation* by Catherine Anderson
- *Re-discovering the Gift of the Finger Labyrinth: A Guidebook* by Martha Erickson
- *Tracing the Labyrinth Path: Meditation at Your Fingertips* by Catherine Anderson
- *Labyrinth of Birth: Creating a Map, Meditations and Rituals for the Childbearing Year* by Pam England
- *Bringing Life to the Labyrinth: A Labyrinth Companion* by Margart M. Rappaport
- *Walking the Labyrinth: Your Path to Peace and Possibilities* by Diana Ng
- *Labyrinth: Illuminating the Inner Path* by Brian Draper
- *Chartres Labyrinth Journal: Finger Walking Workbook*
- *Living the Labyrinth: 101 Paths to a Deeper Connection with the Sacred* by Jill Kimberly Hartwell Geoffrion
- *The Complete Guide to Labyrinths: Using the Sacred Spiral for Power, Protection, Transformation, and Healing* by Cassandra Eason
- *The Magic of Meditation: Stories and Practices to Develop Gratitude and Empathy with Your Child* by Marie-Christine Champeaux-Cunin and Dominique Butet

Mindfulness and Education

Books

- *The Power of Mindful Learning* by Ellen J. Langer
- *Mindfulness for Kids Who Worry: Calming Exercises to Overcome Anxiety* by Katie Austin
- *The Mindfulness Journal for Teens: Prompts and Practices to Help You Stay Cool, Calm, and Present* by Jennie Marie Battistin
- *5-Minute Mindfulness Meditations for Teens* by Nicole Libin
- *Mindful Games for Kids: 50 Fun Activities to Stay Present, Improve Concentration, and Understand Emotions* by Kristina Marcelli-Sargent
- *Integrating Mindfulness into Anti-Oppression Pedagogy: Social Justice in Higher Education* by Beth Berila
- *Mindfulness Workbook for Teens: Exercises and Tools to Handle Stress, Find Focus, and Thrive* by Linette Bixby
- *Mindfulness for Students: Embracing Now, Looking to the Future* by Natasha Kaufman
- *The Mindful Teacher* by Elizabeth MacDonald and Dennis Shirley
- *Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families* by Susan Kaiser Greenland
- *Radical Presence: Teaching as Contemplative Practice* by Mary Rose O'Reilly
- *Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning* by Daniel P. Barbezat and Mirabai Bush
- *Contemplative Teaching and Learning* edited by Keith Kroll, New Directions for Community Colleges, Number 151
- *Learning with the Labyrinth: Creating Reflective Space in Higher Education* edited by Jan Sellers and Bernard Moss
- *Information, Ideas and Activities with Labyrinths* by Relax4Life
- *Ladybug Labyrinth: A Journey Home* by Lea Goode-Harris (children's book)

- *108 Ways to Use Labyrinths in Schools* by Gael D. Hancock
- *Kids on the Path: School Labyrinth Guide* by Marge McCarthy
- *The Magical Labyrinth* by Ruth Jacobs Weaver (children's book)
- *A Quiet, Happy Place: A Children's Introduction to the Labyrinth* by Melinda M. Cropsy
- *The Labyrinth Experience: An Educator's Resource* by Lorraine Villemaire
- *The Centering Book: Awareness Activities for Children, Parents, and Teachers* by Gary Hendricks and Russel Wills

Mindfulness and Professional Development

Books

- *Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others* by Maria Gonzalez
- *Finding the Space to Lead: A Practical Guide to Mindful Leadership* by Janice Marturano
- *The Mindfulness Edge: How to Rewire Your Brain for Leadership and Personal Excellence Without Adding to Your Schedule* by Matt Tenney and Tim Gard
- *Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals* by Juan Humberto Young
- *Thoughtful Leadership: A Guide to Leading with mind, body and Soul* by Fiona Buckland
- *A Compassionate Civilization: The Urgency of Sustainable Development and Mindful Activism—Reflections and Recommendations* by Robertson Work
- *Contemplative Activism: A Guide to Navigate the Contradictions and Complexities of Social Change* by Jessics R. Dreistadt

Websites

The Mindfulness Alliance—www.themindfulnessalliance.org

The Labyrinth Society—labyrinthsociety.org

Veriditas---www.veriditas.org

Mindfulness in Education Network---www.mindful.ed.org

American Mindfulness Research Association---goamra.org

Mindfulness Institute for Emerging Adults—mindfulnessinstituteforemergingadults.com