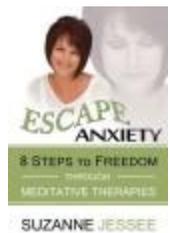


These titles are located in the **nonfiction** area.

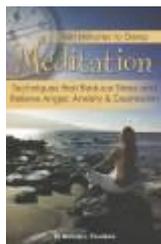


**152.46 Jessee – *Escape Anxiety: 8 Steps to Freedom through Meditative Therapies* (2015)**

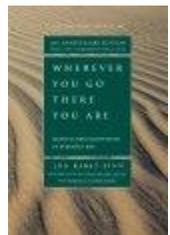
The 8-Step Escape Anxiety program is based on Neurogenesis Meditative Therapy that integrates practices of progressive relaxation, mindfulness meditation, guided imagery meditation, hypnotherapy, and cognitive behavioral therapy.

**155.9 Cavallaro – *Ten Minutes to Deep Meditation: Techniques that Reduce Stress and Relieve Anger, Anxiety and Depression* (2014)**

A full primer on meditation that helps the reader develop his or her own personalized meditation program for the reduction of stress and toxic emotions, in a book that also discusses the benefits of combining meditation and yoga practices.



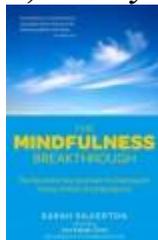
**155.9 Kabat Zinn – *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* (2005)**



Explains how anyone can use mindfulness--the Buddhist art of living each moment fully as it happens--to reduce anxiety, achieve inner peace, find fulfillment, and enrich one's life. Includes a series of anecdotes, instructions, and meditations. Also: *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*

**155.9 Silverton – *The Mindfulness Breakthrough: The Revolutionary Approach to Dealing with Stress, Anxiety and Depression* (2012)**

Provides information about using meditation and related processes, including breathing, relaxation, body scanning, and concentration building to deal with stress, anxiety, and depression.



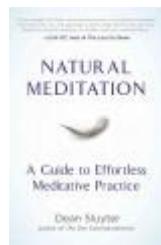
**158.1 Flowers – *Living with Your Heart Wide Open: How Mindfulness and Compassion can Free You from Unworthiness, Loneliness, and Shame* (2011)**

Explains how to use mindfulness to shed feelings of shame and self-loathing and instead foster greater self-confidence and self-esteem.



**158.1 Sluyter – *Natural Meditation: A Guide to Effortless Meditative Practice* (2015)**

A veteran teacher provides a low-key approach to learning to meditate and opening one's life up to happiness, clarity and peace by using your breathing, the sounds around you, the sky, or the sense of âÎ as a guide.



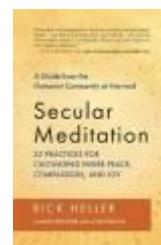
**158.12 Andre – *Looking at Mindfulness: 25 Ways to Live in the Moment through Art* (2015)**

Introduces a technique for practicing mindfulness and achieving increased mental clarity through observing works of art.



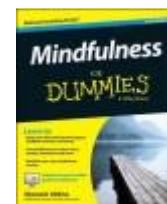
**158.12 Heller – *Secular Meditation: 32 Practices for Cultivating Inner Peace, Compassion, and Joy* (2015)**

Describes the basic principles of meditation, discussing how the practice can reduce stress, benefit physical and mental health, and improve personal relationships, with thirty-two exercises for different types of meditation.



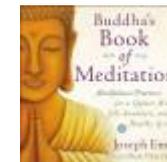
**294.3 Aldina – *Mindfulness for Dummies* (2015)**

Presents an introduction to the practice of mindfulness, describing how such self-control techniques as body posture, sitting practice, and breathing exercises can be used to achieve a concentrated and more focused state of mind.



**294.3 Emet -- *Buddha's Book of Meditation: Mindfulness Practices for a Quieter Mind, Self-Awareness, and Healthy Living* (2015)**

Featuring guided meditations and meditation themes, offers tips and techniques for incorporating mindfulness meditation practices into daily life in order to reduce stress and elevate one's mental state.



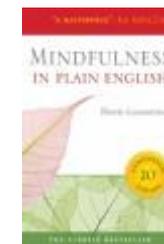
**294.34 Cushman – *Moving Into Meditation: A 12-Week Mindfulness Program for Yoga Practitioners* (2014)**

Outlines a twelve-week program for deepening asana practices and becoming more in tune with the mind and heart that combines yoga and mindfulness meditation as well as body- and breath-based exercises.



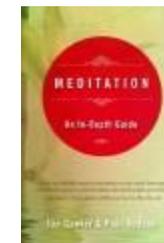
**294.34 Gunaratana – *Mindfulness in Plain English* (2011)**

Presents an introduction to meditation according to Buddhist principles, describing the advantages of the practice and addressing some of the difficulties that can come up.



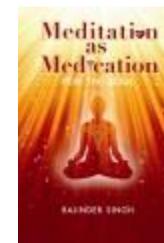
**615.852 Gawler – *Meditation: An In-Depth Guide* (2011)**

Drawing on scientific research, Eastern religious and philosophical traditions and their own personal stories, the authors explain how to build a daily meditation practice for better physical, emotional and spiritual health.

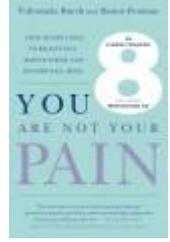


**615.852 Singh – *Meditation as Medication for the Soul* (2012)**

This groundbreaking book offers proven benefits of meditation for reducing stress-related ailments, such as cancer, stroke, heart, breathing, digestive, and circulatory problems, hypertension, migraines, depression, anxiety, and addictions; improving brain function and performance; managing pain; and achieving balance.



**617.5 Burch** – *You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being – An Eight Week Program* (2015)



This book presents a set of mindfulness-based practices that you can incorporate into daily life to relieve chronic pain and the suffering and stress of illness.

#### Audio-Visual Resources

**CD Orch Mozart** – *Mozart for Meditation: Quiet Music for Quiet Times* (1995)

**CD Book 158 Kornfield** – *Meditation for Beginners* (2010)  
Offers a straightforward, step-by-step method for bringing the fruits of meditation into one's life.

**CD Book 158.12 Edstrom** – *Everyday Meditation: A Mini-Retreat to Calm the Mind and Nourish the Soul* (2009)

**CD Book 158.12 Michie** – *Mindfulness is Better than Chocolate: A Practical Guide to Enhanced Focus and Lasting Happiness in a World of Distractions* (2015)  
Offers several different methods on how to correct everyday choices which can have a long-lasting impact on happiness.

**CD Book 158.12 Roche** – *Meditation for Yoga Lovers: Let Your Body Teach Your Mind* (2013)  
An easy way to create a meditation practice uniquely for you, with guidance for freeing the breath, expanding your body awareness, and savoring your full experience.

**CD Book 248.34 Finley** – *Meditation for Christians: Entering the Mind of Christ* (2003)  
A practice-oriented course in Christianity's unique meditation tradition, contemplative prayer, presented by a former student of Thomas Merton.

**CD Book 294.34 Nhat** – *The Miracle of Mindfulness: An Introduction to the Practice of Meditation* (2012)

**DVD 158.12 Muesse** – *Practicing Mindfulness: An Introduction to Meditation* (2011)

**DVD 613.7 Meditation** – *Meditation for Beginners* (2012)  
This DVD takes you through different meditations, each designed to still the mind and calm the senses.

**MP3 152.46 Wright** – *Relaxation and Meditation* (2007)  
Relax. Unwind. Escape. Extraordinarily beautiful music blended with many of the most soothing sounds of nature creates your personal retreat from daily stresses.

#### E-Books

*The Beginner's Guide to Meditation: How to Start Enjoying the Benefits of Meditation Immediately* by **Shinzen Young** (2005)

*Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life* by **Jeffrey Brantley** (2014)

*Learn How to Meditate: Guided Meditation* by **Brahma Kumaris** (2011)

*Meditation for Optimum Health: How to Use Mindfulness and Breathing to Heal Your Body and Refresh Your Mind* by **Andrew Weil** (2005)

*Mindfulness: A Practical Guide* by **Tessa Watt** (2012)

*The Mind's Own Physician: A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation* edited by **Jon Kabat-Zinn & Richard J. Davidson** (2011)

Berlin-Peck Memorial Library  
234 Kensington Rd.  
Berlin, CT 06037 860-828-7125  
[berlinpeck.org](http://berlinpeck.org)

2/16 AH



Find us on  
Facebook

# Meditation and Mindfulness



Berlin-Peck Memorial Library