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## RESOURCES

I encourage you to seek information and help from many different places. There are all kinds of great resources. The following is a list of some of my favorite books, CDs, and websites. It is by no means comprehensive, but it is a good start! Resources are noted (where applicable) as being Mindfulness-based (M), Cognitive-Behavior Therapy-based (CBT), Acceptance and Commitment Therapy-based (ACT), Dialectical Behavior Therapy-based (DBT), Emotionally Focused Couples Therapy-based (EFT), or Eye Movement and Desensitization and Reprocessing-based (EMDR). I hope you find this list helpful!

(M) Anything by Pema Chodron

- Start Where You Are: A Guide to Compassionate Living
- When Things Fall Apart: Hear Advice for Difficult Times
- The Places that Scare You: A Guide to Fearlessness in Difficult Times
- The Wisdom of No Escape and the Path of Loving Kindness
- Taking the Leap: Freeing Ourselves From Old Habits and Fears

(M) Anything by Jon Kabat-Zinn

- Mindfulness for Beginners (cd)
- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life (book and cd)
- Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness
- Coming to Our Senses – Healing Ourselves and the World Through Mindfulness
- Guided Mindfulness Meditation (cd)
- Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind (cd)
- Letting Everything Become Your Teacher - 100 Lessons in Mindfulness

(M) Anything by Thich Nhat Hanh

- The Miracle of Mindfulness
- Anger: Wisdom for Cooling the Flames
- Peace is Every Step: The Path of Mindfulness in Everyday Life
- Being Peace
- Touching Peace: Practicing the Art of Mindful Living
- For A Future To Be Possible
- Living Buddha, Living Christ

(M) Other Authors

- Emotional Alchemy: How the Mind Can Heal the Heart by Tara Bennett-Goleman
- A Lotus For You: Guided Meditations for Relaxation, Health, and Well Being: Carol J. Spears (cd)
- Insight Meditation: A Step-By-Step Course On How To Meditate with Sharon Salzberg and Joseph Goldstein
- Meditation for Optimum Health: How to Use Mindfulness and Breathing to Heal by Andrew Weil and Jon Kabat-Zinn
- Meditations for Enhancing Your Immune System: Strengthen Your Body's Ability to Heal by Bernie S. Siegel
- Mindfulness by Ellen J. Langer
- Moment by Moment: The Art and Practice of Mindfulness by Jerry Braza

Eating

- (M) Women Food and God by Geneen Roth
- (M) Eating Mindfully: how to end mindless eating & enjoy a balanced relationship with food by Susan Albers, Psy.D
- (M) Eat, Drink, and Be Mindful: How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy by Susan Albers, Psy.D. (companion workbook to the book listed above)
- (M) Intuitive Eating by Evelyn Tribole, M.S., R. D. and Elyse Resch, M.S, R.D., F.A.D.A.
- (M) The TAO of Eating: Feeling Your Soul Through Everyday Experiences with Food by Linda R. Harper, Ph.D.
- (CBT)The Beck Diet Solution: Train Your Brain to Think Like a Thin Person by Judith S. Beck, Ph.D.
- (CBT)The Beck Diet Solution Weight Loss Workbook by Judith S. Beck, Ph.D.

Body Image

- (CBT)The Body Image Workbook by Thomas F. Cash, Ph.D.
- Bodylove: Learning to Like Our Looks and Ourselves by Rita Freedman, Ph.D.

Anorexia, Bulimia, Binge Eating

- (ACT) The Anorexia Workbook by Michelle Heffner, M.A. and Georg H. Eifert, Ph.D.
- Anorexia Nervosa: A Guide to Recover by Lindsey Hall and Monika Ostroff
- (ACT) The Overcoming Bulimia Workbook by Randi E. McCabe, Ph.D., Traci L. McFarlane, Ph.D., and Marion P. Olmsted, Ph.D.

- Bulimia: A Guide to Recovery by Lindsey Hall and Leigh Cohn
- The Deadly Diet: Recovering from Anorexia and Bulimia by Terence J. Sandbek, Ph.D.
- (CBT) Overcoming Binge Eating by Christopher G. Fairburn

## Anxiety

- (M) Calming Your Anxious Mind: How mindfulness and compassion can free you from anxiety, fear, and panic by Jeffrey Brantley, MD
- (ACT) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy by John P. Forsyth and Georg H. Eifert
- (CBT) The Anxiety and Phobia Workbook by Edmund J. Bourne, Ph.D
- (CBT) Brain Lock: Free Yourself from Obsessive-Compulsive Behavior by Jeffrey M. Schwartz and Beverly Beyette
- (CBT) STOP Obsessing: How to Overcome Your Obsessions and Compulsions by (CBT) Edna B. Foa, Ph.D. and Reid Wilso, Ph.D.
- (CBT) The OCD Workbook by Bruce M. Hyman Ph.D. and Cherry Pedrick, R.N.

## Depression

- (M, CBT) Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression, John R. McQuaid, Ph.D. and Paula E. Carmona, RN, MSN
- (M, CBT) The Mindful Way through Depression: Freeing Yourself From Chronic Unhappiness by Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn
- (M, ACT) The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living by Kirk D. Strosahl, Ph.D. and Patricia J. Robinson, Ph.D.

## Anger

- (M, ACT) ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger by Georg H. Eifert, Ph.D, Matthew McKay, Ph.D., and John P. Forsyth, Ph.D.

## Parenting

- Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive by Daniel J. Siegel, M.D. and Mary Hartzell, M.Ed.
- (M) Everyday Blessings: The Inner Work of Mindful Parenting by Myla Kabat-Zinn

## Chronic Pain

- (M, ACT) Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain by Joanne Dahl, Ph.D. and Tobias Lundgren, MS
- (CBT) Cognitive Therapy for Chronic Pain by Beverly E. Thorn
- Prescriptions for Living by Bernie S. Siegel, MD

## Trauma

- The Drama of The Gifted Child: the Search for the True Self by Alice Miller
- Getting Through the Day: Strategies for Adults Hurt as Children by Nancy J. Napier
- Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair by Miriam Greenspan

## General Books/Workbooks

- (EMDR) EMDR: The Breakthrough Eye Movement Therapy for Overcoming Anxiety, Stress, and Trauma by Francine Shapiro, Ph.D. and Margot Silk Forrest
- (DBT) Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control by Scott E. Spradlin, MA
- (CBT) Mind Over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberger, Ph.D. and Christine A. Padesky, Ph.D.
- (CBT) The Feeling Good Handbook by David D. Burns, M.D.
- (ACT, M) Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy by Steven C. Hayes, Ph.D.
- (CBT) Reinventing Your Life by Jeffrey E. Young, PhD. and Janet S. Klosko, Ph.D.
- (CBT) Overcoming Low Self-Esteem by Melanie Fennell, Ph.D.

## Couples

- (EFT) Hold Me Tight: Seven Conversations for a Lifetime of Love by Sue Johnson, Ph.D.
- (DBT) The High Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation by Alan E. Fruzzetti, Ph.D.
- (CBT) Love in Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve Relationship Problems Through Cognitive Therapy by Aaron T. Beck, MD
- Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships by David Schnarch, Ph.D.

## Inspirational and Others

- Radical Acceptance: Embracing Your Life With The Heart Of A Buddha by Tara Brach, Ph.D.
- Finding Meaning in the Second Half of Life: How to Finally, Really Grow Up by James Hollis, Ph.D.
- A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle
- The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life by Piero Ferrucci
- Journey to the Heart by Melody Beattie

## Mindfulness and Meditation Websites

- <http://www.youtube.com>(Search for "mindfulness," "meditation," and/or various authors to hear them speak about mindfulness. Try Jon Kabat-Zinn, Thich Nhat Hahn, Pema Chodron, Jack Kornfield, Tara Brach, Tara Bennett-Goleman, Shauna Shapiro etc.)
- <http://www.mindfulnesscalgary.ca>
- <http://www.contemplativemind.org>
- <http://www.umassmed.edu/cfm>
- <http://www.bangor.ac.uk/mindfulness>
- <http://www.meditationandpsychotherapy.org>

- <http://www.inquiringmind.com>
- <http://www.mindandlife.org>
- [www.marc.ucla.edu](http://www.marc.ucla.edu)
- Article about Mindfulness  
[http://behavioraltech.org/downloads/Mindfulness\\_for\\_clients\\_and\\_family\\_members.pdf](http://behavioraltech.org/downloads/Mindfulness_for_clients_and_family_members.pdf)

#### Other Websites

- (CBT) <http://www.academyofct.org>
- (CBT) [www.nacbt.org](http://www.nacbt.org)
- (ACT) <http://www.contextualpsychology.org>
- (DBT) [www.behavioraltech.com](http://www.behavioraltech.com)
- (DBT) [www.dbtselfhelp.com](http://www.dbtselfhelp.com)
- (EMDR) <http://www.emdr.com>
- (EMDR) <http://www.emdria.org>
- (EFT) <http://www.iceeft.com>