

# Mindfulness Resource List

## Books:

Mindfulness: A practical guide to finding peace in a frantic world Prof Mark Williams & Dr Danny Penman (Piatkus)

Mindfulness for HealthVidyamala Burch & Danny Penman (Piatkus)

Full Catastrophe Living and Wherever You Go, There You Are Jon Kabat-Zinn (Piatkus)

The Mindful Way through Depression Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn (Guilford Press) Comes with a CD narrated by Jon Kabat-Zinn

The Mindful Path to Self Compassion Christopher Germer (Guilford Press)

Radical Acceptance: Embracing your Life with the Heart of a Buddha Tara Brach

The Wisdom of No Escape Pema Chodron (Element Books)

The Miracle of Mindfulness Thich Nhat Hanh (Rider Books)

## Websites:

https://www.mindful.org/meditation/mindfulness-getting-started/

http://franticworld.com/ – the website of the finding peace and living well with health and illness (Danny Penman, Mark Williams and Vidyamal Burch)

http://www.freemindfulness.org/download – free downloads

http://www.wordstositwith.com/ – poetry

##  Apps

There are a number of free Mindfulness apps, such the Insight Timer app https://insighttimer.com (which includes a large range of guided meditation practices led by various teachers).

## Mindfulness practice and retreats:

Bristol Insight Meditation group: www.bristolmeditation.org.uk

Gaia House in Devon runs regular, residential and online courses and retreats in Mindfulness Meditation: http://www.gaiahouse.co.uk

There are plenty of local teachers offering 1 day courses and retreats

This listing means teachers are trained and supervised and have been accepted onto an “approved” list

https://www.mindfulnessteachersuk.org.uk/uk-listing/

The COVID 19 situation means most teachers and organisations are offering online courses and sessions.

See the Mindfulness network:

https://www.mindfulness-network.org/free-online-practice-sessions/