

## Mindfulness Resource List

### Books:

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

***Mindfulness for Health*** Vidyamala 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](http://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/>