

Books for mindfulness and meditation

Each of these books focuses on short mindfulness practices you can do during the day:

How to Train a Wild Elephant and Other Adventures in Mindfulness by Jan Chozen Bays,
just ONE thing: developing a Buddha brain one simple practice at a time by Rick Hanson,
One Minute Mindfulness by Donald Altman.

Introductory books on meditation:

How to Meditate by Pema Chodron
Meditation for Beginners by Jack Kornfield
Mindfulness for Beginners by Jon Kabat-Zinn

Two books about bringing mindfulness to ill-will inside yourself

Practicing Peace in Times of War by Pema Chodron
Creating True Peace: Ending Violence in Yourself, Your Family, Your Community, and the World by Thich Nhat Hanh

Sharon Salzberg: *The Force of Kindness: Change Your Life with Love and Compassion* and
Real Happiness: The Power of Meditation: A 28-Day Program.

Noah Levine: *Against the Stream* and *Refuge Recovery: A Buddhist Path to Recovering from Addiction*. Noah's books are especially useful for people struggling with addiction.

John Kabat-Zinn: *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*

Jack Kornfield and Christina Feldman: *Soul Food: Stories to Nourish the Spirit and the Heart*. A collection of wonderful stories, from one paragraph to many pages, from many traditions.

Gil Fronsdal: *The Issue at Hand*. I find Gil's explanation of meditation and various practices to be refreshingly clear. This book can be downloaded as a pdf file.

Rick Hanson: *Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom*. A fascinating book talking about connections between Buddhist psychology and neuroscience.

Christina Feldman: *Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy, and Equanimity*; *Compassion: Listening to the Cries of the World*

Tara Brach. *Radical Acceptance* and *True Refuge: Finding Peace and Freedom in Your Own Awakened Heart*.

Wayne Muller:

How Then Shall We Live? Muller poses four questions: Who am I?, What do I love? Knowing that I will die, how shall I live?, and What is my gift to the world? A well-written, heartfelt book that has changed the lives and perspectives of many people.

Sabbath is an easy to read, very thoughtful book about the value of slowing down.

Parker Palmer: *Let Your Life Speak: Listening to the Voice of Vocation*. A wonderful book for anyone wondering what they want to do with their life, whether they are 18 years old or 60!