



Bibliography

Mindfulness: A practical guide to finding peace in a frantic world. Prof Mark Williams and Dr Danny Penman. (with CD) *Highly recommended*

The Mindful Manifesto: How doing less and noticing more can help us thrive in a stressed-out world. Jonty Heaversedge, Ed Halliwell. *Highly recommended*

Mindfulness for Beginners. Jon Kabat-Zinn. Book or Audio CD

Living Mindfully by Cathy-Mae Karelse: Longer Mindfulness practices to download from iTunes

Full Catastrophe Living: How to cope with stress, pain and illness using mindfulness meditation. Jon Kabat-Zinn *(471 pages but highly recommended)*
'A true breakthrough in the area of behavioural medicine and self control If you are looking for the best available book on this topic, this is it!' Alan Marlatt, PhD Professor of Psychology, Director of the Addictive Behaviours Research Centre, University of Washington. *In the fifteen years since its initial publication, Full Catastrophe Living has sold over 400,000 copies worldwide.*

Fully Present: The Science, Art, and Practice of Mindfulness. Susan Smalley PhD, Diana Winston

Mindfulness Plain & Simple. Oli Doyle

The Mindful Workplace: Developing Resilient Individuals and Resonant Organizations with MBSR. Michael Chaskalson

Brilliant Mindfulness: How the Mindful Approach Can Help You Towards a Better Life (Brilliant Lifeskills). Cheryl Rezek

Planting Seeds: Practicing Mindfulness with Children. Thich Nhat Hanh

Running with the Mind of Meditation: Lessons for Training the Body and the Mind. [Sakyong Mipham Rinpoche](#)



Further Training:

MIN training can be taken on an ongoing basis: please check our website at www.mindfulnessatwork.com for details of upcoming public courses

MBSR (Mindfulness-Based Stress Reduction) Courses:

Cathy-Mae Karelse: Courses in Surrey
www.cathy-mae.com

Michael Chaskelson: Courses in London & Midlands
www.MBSR.co.uk

Ed Halliwell: Courses in London and Sussex
edhalliwell.com

Dr Caroline Hoffman PhD: The Haven Trust, Hammersmith
<http://www.thehaven.org.uk/how-we-can-help-you/therapies>

Andy Puddicombe: getsomeheadspace.com

Full list of courses available around the country: BeMindful.co.uk

Online course, Mental Health Foundation: bemindfulonline.co.uk

Mindfulness Retreats:

Witherdens Hall, 1:1 and group retreats: www.witherdenshall.co.uk

Gaia House, group retreats: www.gaiahouse.co.uk