Books for Personal Use:

Explore titles of interest on Amazon.com

Biegel, Gina, MA, LMFT, The Stress Reduction Workbook for Teens

Calming your anxious mind: how mindfulness and compassion can free you from anxiety, fear and panic. Jeffrey Brantley, MD.


Journey through the Wilderness: A Mindfulness Approach to Ancient Jewish Practice. Rabbi Yael Levy


The Long Road leads to Joy: (Walking Meditation). Thich Nhat Hanh.

The Mindful Child, Susan Kaiser Greenland

The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions. Christopher Germer PhD.


Radical Acceptance: Embracing Your Life … Tara Brach PhD.

Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace. Sharon Salzberg

Savor: Mindful Eating, Mindful Life: Hanh, Thich Nhat and Lilian Cheung

When People Grieve: The Power of Love in the Midst of Pain by Paula D'Arcy

Wherever you go, there you are: mindfulness meditation in everyday life. Jon Kabat-Zinn,

See reverse side (p.2) for retreat centers and more.
**Retreat Centers for Deeper Study of Mindfulness Practice:**

Insight Meditation Society [http://www.dharma.org/ims/index.htm](http://www.dharma.org/ims/index.htm)
Mindfulness Retreats: weekend and longer.
Very reliable teachers. Excellent veg food service. 1230 Pleasant St., Barre, MA 01005 (northwest of Worcester)

Barre Center for Buddhist Studies, [https://www.bcbsdharma.org/](https://www.bcbsdharma.org/)
More informal than IMS above. Listings of weekend programs.

Cambridge Insight Meditation Center [http://www.cimc.info/index2.html](http://www.cimc.info/index2.html)

Contemplative Outreach ([www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)) Info on meditation in the Christian Contemplative Tradition. See also Contemplative Outreach of Boston for local chapter contacts. ([http://www.contemplativeoutreachofboston.com/](http://www.contemplativeoutreachofboston.com/))

Isabella Freedman Jewish Retreat Center: a place of rest, regeneration, and renewal. [https://hazon.org/isabella-freedman](https://hazon.org/isabella-freedman), Falls Village, CT 06031


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