

Favorite Mindfulness Teachers

Jon Kabat-Zinn. Many CDs are available including one on pain.

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness. The MBSR book, describing the program Jon started at Univ. Mass. This is not tightly structured, but it includes lots of thoughtful descriptions of the purpose, the meditations, yoga postures, visualizations, and other components of MBSR.

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life. Wonderful, short, to the point, something to read and re-read.

Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life. Short useful introduction (or review for those with some experience) to mindfulness and practices for cultivating it. *With a CD.*

Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn. *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness.* Written for people coping with depression or chronic unhappiness, with CD.

John Teasdale, Mark Williams, Zindel Segal, and Jon Kabat-Zinn. *The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress.*

Jackie Gardner-Nix. (Foreword by Jon Kabat-Zinn). *Useful Mindfulness Strategies for Managing Chronic Pain.*

Rick Hanson with Richard Mendius. *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom.* Preface by Jack Kornfield. How to use your mind to change your brain. Accessible neuroscience research on meditation.

Stephen Levine. *Guided Meditations, Explorations and Healings.* A wonderful collection of guided meditations paired with some thoughts on the purpose and nature of the work. The basis of many meditations on the class' CDs.

Tara Brach. *Radical Acceptance: Embracing your life with the heart of a Buddha.* Well-written, practical guide on moving from wounded self-perception to holding ourselves in compassion.

Jack Kornfield. *A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life.* Wonderful book, making the connection between this practice and the development of compassion, as we integrate them into our lives. Much more about living in the world mindfully vs. how to meditate. *A Lamp in the Darkness: Illuminating the Path through Difficult Times.* Lovely, supportive. With CD. *After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path; The Wise Heart.*

Sharon Salzberg. Her books on loving kindness and on faith are very powerful. Her newest book is *Real Happiness: The Power of Meditation*, highly recommended. With CD.

Andrew Weiss. *Beginning Mindfulness: Learning the Way of Awareness* – a ten-week course. How to start a mindfulness meditation practice and bring mindfulness into your daily life, presented as a 10-week course with assignments that teaches different mindfulness practices.

Sylvia Bornstein. *It's Easier than You Think: The Buddhist Way to Happiness.* Short, funny, to the point, "real world" applications of the Four Noble Truths and the Eightfold Path of Buddhism.

Bob Stahl & Elisha Goldstein. *A Mindfulness-Based Stress Reduction Workbook.* With CD.

Thich Nhat Hanh. Vietnamese Buddhist monk who has written a lot on various topics – e.g., *Peace in Every Step; Anger; Your True Home; Teachings on Love; Walking Meditation* .

Pema Chodron. Many books, including *The Wisdom of No Escape* and *Don't Bite the Hook*.

Also, there are lots of websites and Youtube videos; google any of these teachers and you'll find them.

LOCAL RESOURCES FOR LEARNING and FOSTERING MINDFULNESS

Ann Arbor Open Meditation: a weekly drop-in meditation session, open to all, every Thursday, 7:30-8:30, at the Lotus Center, 2711 Carpenter Rd. Led by rotating group of experienced meditators. Facebook page: Ann Arbor Open Meditation. Website:

<http://aaopenmeditation.com/> Email & phone: libbyrobinson7@gmail.com; (734) 476-3070

Ann Arbor Center for Mindfulness: a website that lists mindfulness classes and individual therapists who use mindfulness. See: <http://www.aacfm.com/Home.html>

Mindfulness-Based Stress Reduction classes

Libby Robinson, PhD, MSW, (734) 476-3070, libbyrobinson7@gmail.com; classes fall, winter and spring.

Denise Kozikowski, PhD, RYT, (734) 408-4581, info@denisekozikowski.com, www.denisekozikowski.com

Paulette Grotrian, MA, (734) 276-7707, grotrian@wcc.net

Mindfulness-Based Cognitive Therapy classes

Lynn Sipher, LMSW, (734) 332-3365, lynn@sipher.com, www.lynn@sipher.com

Mariko Foulk, UM-Turner Senior Resource Center, mfoulk@med.umich.edu, for older adults

VA Mindfulness Research Project: Tony King, PhD., samadhi@umich.edu

Mindfulness in Education: Rita Benn, Ph.D., ritabenn@umich.edu

Other opportunities for cultivating mindfulness:

Buddhist groups: Several of these have classes and/or drop-in mindfulness meditation sessions

Michigan Buddhist: <http://www.michiganbuddhist.com/ann-arbor/>

Insight Meditation Ann Arbor: <http://insightmeditationannarbor.org/meditation-classes.html>

Deep Springs: <http://www.deepspring.org/>

Ann Arbor Rec and Ed has Insight Meditation classes taught by Deep Springs teachers

Zen Temple: <http://www.zenbuddhisttemple.org/>

Jewel Heart: <http://www.jewelheart.org/>

See also **Quaker (Friends)** and some Catholic churches for centering or contemplative prayer.

Note: This is not an exhaustive list.