

Mindfulness and Meditation Resources

Books

- Albers, Susan – Eating Mindfully
- Boorstein, Sylvia – It's Easier Than You Think
- Branch, Tara – Radical Acceptance
- Branch, Tara – True Refuge
- Chodron, Pema – When Things Fall Apart
- Flickstein, Matthew – Meditator's Atlas
- Germer, Christopher – The Mindful Path to Self-Compassion
- Goldstein, Joseph – Mindfulness
- Gunaratana, Bhante – Mindfulness in Plain English
- Hanson, Rick – Buddha's Brain
- Hanson, Rick – Just One Thing
- Kabat-Zinn, Jon – Wherever You Go There You Are
- Kornfield, Jack – A Path with Heart
- Moffitt, Philip – Dancing with Life
- McLeod, Ken – Wake Up To Your Life
- Oliver, Mary – New and Selected Poems
- Saltzman, Amy – A Still Quiet Place
- Salzberg, Sharon – Loving-Kindness
- Seigel, Daniel – Mindsight
- Teasdale, John – The Mindful Way Workbook
- Thich Nhat Hahn – Peace in Every Step
- Wallace, Alan – The Four Immeasurables
- Williams, Mark – The Mindful Way Through Depression
- Williams, Mark – Mindfulness
- Whyte, David – Poetry – The Heart Aroused



Websites

- <https://www.stresslesskzoo.com/>
- <http://palousemindfulness.com>
- <http://marc.ucla.edu>
- www.soundstrue.com
- www.mindful.org
- <https://www.tarabrach.com/>
- www.rickhanson.net
- www.mindsightinstitute.com
- www.mindfulnet.org

Apps

- HeadSpace
- Insight Timer
- Aura
- Omvana
- Stop Breathe and Think
- Calm

Local

Kazoo Bookstore: 1st & 3rd Thursday of each month 7-8 pm. 2413 Parkview Ave., Kalamazoo. \$5 donation suggested.

Be Well Studio: 1712 W. Milham Ave., Portage. Mondays, 6:30pm-8pm. Donation suggested.

Down Dog Yoga: 1-3pm, 3rd Sunday of each month. \$5 donation suggested.

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