

RFZ Suggestions for Further Reading

Introduction to Zen

- *Taking the Path of Zen*, Robert Aitken
- *The Circle of the Way*, Barbara O'Brien
- *Zen Mind, Beginner's Mind*, Shunryu Suzuki

General Buddhism

- *When Things Fall Apart*, Pema Chodron
- *Buddha*, Karen Armstrong
- *The Heart of the Buddha's Teaching*, Thich Nhat Hanh

General Meditation

- *Mindfulness in Plain English*, Bhante Gunaratana
- *Wherever You Go, There You Are*, Jon Kabat-Zinn

Beneficial & Buddhism-ish

- *You Belong*, Sebene Selassie
- *The Power of Now*, Eckhart Tolle