



SHINE

Support · Honor · Inspire · Nurture · Evolve

Learning More About Mindfulness: Selected Resources

Jerry Brazza

Moment By Moment

Tara Brach

Radical Acceptance

True Refuge

Pema Chodron

Start Where You Are

When Things Fall Apart

Christopher Germer

The Mindful Path to Self-Compassion

Thich Nhat Hanh

Peace is Every Step

Rick Hanson and Richard Mendius

Buddha's Brain

Jon Kabat-Zinn

Full Catastrophe Living

Wherever You Go, There You Are

Mindfulness for Beginners

Jack Kornfield

The Wise Heart

After the Laundry, the Ecstasy

Kristin Neff

Self-Compassion

Tim Ryan

A Mindful Nation

Sharon Salzberg

Lovingkindness

Daniel Siegel

Mindsight

The Whole Brain Child

Mark Williams and Danny Perlman

Mindfulness: An Eight-Week Plan for
Finding Peace in a Frantic World

Diana Winston and Susan Smalley

Fully Present