



# Mindfulness Resources

## *Tools for Relaxation and Stress Management*

### Online Resources

- **Center for Mindfulness in Medicine, Health Care, and Society** – Learn more about Mindfulness-Based Stress Reduction (MBSR) and find a MBSR course near you. [www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)
- **Christopher Germer: Mindful Self-Compassion** – [www.mindfulselfcompassion.org](http://www.mindfulselfcompassion.org)
- **Dharma Seed: Free Western Buddhist Vipassana Teachings** – [www.dharmaseed.org](http://www.dharmaseed.org)
- **Inquiring Mind** – A helpful guide for finding a retreat center, meditation class, or group. [www.inquiringmind.com](http://www.inquiringmind.com)
- **Tara Brach** – A resource for meditation, emotional healing, and spiritual awakening. [www.tarabrach.com](http://www.tarabrach.com)

### Suggested Reading

- ***Breath by Breath: The Liberating Practice of Insight Meditation***, by Larry Rosenberg
- ***Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness***, by Jon Kabat-Zinn
- ***Heal Thy Self: Lessons on Mindfulness in Medicine***, by Saki Santorelli
- ***How to be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers***, by Toni Bernhard
- ***\*Insight Meditation Workbook***, by Sharon Salzberg and Joseph Goldstein (**highly recommended**)
- ***Lovingkindness: The Revolutionary Art of Happiness***, by Sharon Salzberg
- ***Mindfulness for Beginners: Reclaiming the Present Moment –and Your Life***, by Jon Kabat-Zinn
- ***\*Mindfulness in Plain English***, by Bhante Henepola Gunaratana (**highly recommended**)
- ***Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life***, by Linda Carlson
- ***\*Radical Acceptance: Embracing Your Life with the Heart of a Buddha***, by Tara Brach (**highly recommended**)
- ***Rituals of Healing: Using Imagery for Health and Wellness***, by Jeanne Achterberg and Barbara Dossey
- ***Seeking the Health of Wisdom: The Path of Insight Meditation***, by Joseph Goldstein
- ***\*The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions***, by Christopher Germer (**highly recommended**)
- ***The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness***, by Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn

## Apps for Smartphones and Tablet Devices

These apps are available free or at low cost from Google Play or the iTunes App Store.

- **Brain Wave**, by Banzai Labs
- **Dharma Seed**, by Dharma Seed
- **Headspace (on-the-go)**, by Headspace
- **Insight Timer: Meditation Timer**, by Spotlight Six Software
- **The Mindfulness App**, by MindApps
- **Mindfulness Meditation**, by Mental Workout Inc.
- **Pzizz Sleep** or **Pzizz SleepLite**, by Pzizz Technology Ltd.
- **Simply Being**, by Meditation Oasis
- **Universal Breathing: Pranayama Free**, by Saagara

## Audio/Compact Discs

- **Creating Calm in Your Life**, by Rivka Simmons
- **Fatigue: Guided Imagery to Help Relieve Tiredness from Chemotherapy and Radiation Therapy**, by Belleruth Naparstek
- **From Fear to Fearlessness: Teachings on the Four Great Catalysts of Awakening**, by Pema Chödrön
- **General Wellness**, by Belleruth Naparstek
- **Guided Mindfulness Meditation**, by Jon Kabat-Zinn
- **Healthful Sleep**, by Belleruth Naparstek
- **Here for Now: Mindfulness Meditations**, by Elana Rosenbaum
- **Meditation for Beginners**, by Jack Kornfield
- **Radical Acceptance: Guided Meditations**, by Tara Brach

*Many of the CDs and books listed here can be checked out at no cost from Dana-Farber's Eleanor and Maxwell Blum Patient and Family Resource Center (first floor of the Yawkey Center for Cancer Care) or from your local public library.*

## Still have questions?

For more information, visit [www.dana-farber.org/survivor](http://www.dana-farber.org/survivor) or contact the Adult Survivorship Program at **617-632-4LAD (Life After Diagnosis)** or [dfci\\_adultsurvivors@dfci.harvard.edu](mailto:dfci_adultsurvivors@dfci.harvard.edu).

Learn more about Dana-Farber's mindfulness resources at [www.dana-farber.org/zakim](http://www.dana-farber.org/zakim). Or contact Dana-Farber's Zakim Center for Integrative Therapies directly at **617-632-3006** or [zakim\\_center@dfci.harvard.edu](mailto:zakim_center@dfci.harvard.edu).

*This document is for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*