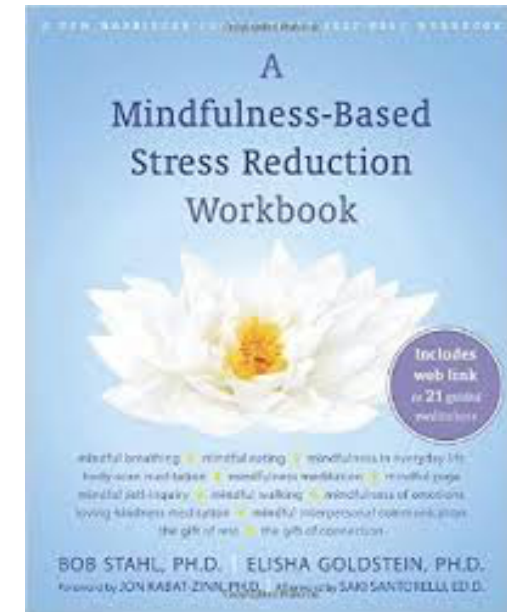
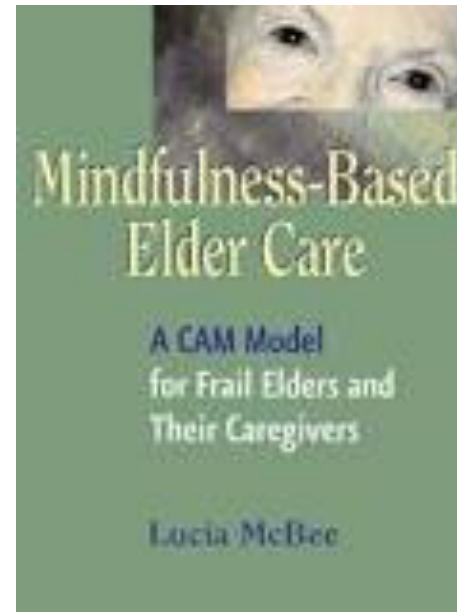


Mindfulness Resources

- Newoldage.blogs.nytimes.com
- The Art of Contemplative Care: Pioneering Voices in Buddhist Chaplaincy (Wisdom Publications, 2012)
- Mindfulness-Based Elder Care (Lucia McBee)
- A Mindfulness-based Stress Reduction Workbook (Stahl et al, 2010)



Mindfulness Resources

- Pebbles and Pearls: How to Apply a Meditative Practice in Your Workplace, Family and Everyday Life by Jon Kabat-Zinn
- Mindfulness for Beginners by Jon Kabat-Zinn
- Full Catastrophe Living by Jon Kabat-Zinn
- At Home In The Muddy Water; A guide to finding Peace Within Everyday Chaos by Ezra Bayda
- When Things Fall Apart by Pema Chodron
- Peace is Every Step by Thich Nat Hahn
- Buddha's Brain by Rick Hanson and Richard Mendius