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