Reading List for Further Study

Books


Audio CDs


*These mindfulness meditation practice CDs and tapes are used by thousands of people who have attended Dr. Kabat-Zinn’s program in the Stress Reduction Clinic at the University of Massachusetts Medical Center, or who have taken other MBSR programs, or who have read his books. It is not necessary to take an MBSR program to derive benefit from these programs. They are meant to be used by themselves, or in conjunction with Dr. Kabat-Zinn’s books, *Full Catastrophe Living* (Series 1), *Wherever You Go, There You Are* (Series 2), and *Coming to Our Senses* (Series 3). They can be ordered from www.mindfulnessstapes.com.