

## **Mindfulness Resources**

Cultler MD, Howard Dalai Lama	The Art of Happiness (a Handbook for Living)
Caroll, Michael	The Mindful Leader
Goleman, Daniel	Destructive Emotions, How Can We Overcome them? A Scientific Dialogue With the Dalai Lama
Gunaratana, Bhante H.	Mindfulness in Plain English
Harris, Dan	10% Happier
Kabat-Zinn, Jon	Full Catastrophe Living, Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Wherever you go, there you are: Mindfulness meditation in everyday life. Coming To Our Senses Healing Ourselves and the World Mindfulness for Beginner:
With Myla Kabat-Zinn	Everyday Blessings, The Inner Work of Mindful Parenting.
Langer, E. J.	The Power of Mindful Learning
Lantieri,Linda Daniel Goleman	Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children (Hardcover - April 1, 2008) - Illustrated
Lantieri, Linda	Schools with Spirit: Nurturing the Inner Lives of Children and Teachers by Founding Director
Schoeberlein, Deborah Sheth, Suki	Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything
Seigel, Daniel	Mindsight Parenting from the Inside Out The Mindful Brain The Whole Brain Child The Yes Brain—
Williams, Mark, Siegel, Zindel & Teasdale, John,	The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness

## **Websites**

**The Mind Life Institute**

<http://www.mindandlife.org/>

**Dan Siegel**

<http://www.drdansiegel.com/home/>

**MBSR: Mindfulness Based Stress Reduction Program at UMASS**

<http://www.umassmed.edu/cfm/stress/index.aspx>

**CASEL: Collaborative for Academic, Social and Emotional Learning**

<http://casel.org/>

**Association for Mindfulness in Schools:**

<http://www.mindfuleducation.org/research.html>

**The Lineage Project:**

<http://lineageproject.org/index.htm>

**Mindful Magazine:**

<http://mindful.org>

**Mindful Schools**

<http://www.mindfulschools.org/>

**ODE Magazine:**

<http://www.odemagazine.com/>

## **Retreat Centers**

Garrison Institute

Omega Institute

Kripalu Center

Tibet House

**John Grund LCSW**

**Chester Florham Park**

**Website: [www.johngrund.com](http://www.johngrund.com)**

**Email: [jgrundlcsw@gmail.com](mailto:jgrundlcsw@gmail.com)**

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