

Suggested reading

**Full Catastrophe Living: How to Cope With Stress, Pain and Illness
Using Mindfulness Meditation**

By Jon Kabat-Zinn

Mindfulness: A Practical Guide to Finding Peace in a Frantic World

By Mark Williams

**Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing
Stress and Restoring Wellbeing**

By Vidyamala Burch and Danny Penman

Start Where You Are, a Guide to Compassionate Living

By Pema Chodron

The Mindful Path to Self-Compassion

By Christopher K Germer

The Miracle of Mindfulness

By Thich Nhat Hanh

Radical Acceptance: Awakening the Love that Heals Fear and Shame

By Tara Brach

A Path With Heart

By Jack Kornfield

Everyday Blessings: The Inner Work of Mindful Parenting

By Myla and Jon Kabat-Zinn

Mindful Eating

By Chozen Bays

**Happy Teachers Change the World: A Guide for Cultivating
Mindfulness in Education**

By Thich Nhat Hanh & Sharpham Trust retreat/course leader Katherine Weare