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