Books (of particular interest to college age population)

Bayda, Ezra; Bartok, Josh. *Saying Yes To Life (Even the Hard Parts)* (Wisdom Publications, 2005)


Gordhamer, Soren. *Just Say Om! Your Life’s Journey* (Adams Media Corporation, November 2001)


Books (various mindfulness topics)


Chodron, Pema.
When Things Fall Apart: Heart Advice for Difficult Times (Shambhala Publications, 2000)
The Wisdom of No Escape: And the Path of Lovingkindness (Shambhala Publications, 2001)


Flickstein, Matthew. Journey to the Center (Wisdom, 1998).

Goleman, Daniel.
  Emotional Intelligence: Why it Can Matter More than IQ (Bantam, 1995).
  Destructive Emotions: A Scientific Dialogue with the Dalai Lama (Bantam, 2003)

Goldstein, Joseph. Insight Meditation: The Practice of Freedom (Shambhala, 1994).


Kabat-Zinn, Jon.
  Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, & Illness (Delta, 1990).
  Wherever You Go There You Are: Mindfulness in Everyday Life (Hyperion, 1994).
  Coming to Our Senses: Healing Ourselves and the World Through Mindfulness (Hyperion, 2005)

Keating, Thomas
  Open Mind, Open Heart: The Contemplative Dimension of the Gospel (Continuum International Publishing Group, June 1994)
  The Mystery of Christ: The Liturgy as Spiritual Experience (Continuum International Publishing Group, June 1994)
  Invitation to Love: The Way of Christian Contemplation (Continuum International Publishing Group, June 1994)

Jackson, Phil & Delehanty, Hugh. Sacred Hoops: Spiritual Lessons of a Hardwood Warrior (Hyperion, 1995).)

Kornfield, Jack. A Path With Heart (Bantam, 1994).

Hanh, Thich Nhat.
  The Miracle of Mindfulness (Beacon, 1976)
  Being Peace (Paralax Press, 1988)
Peace is Every Step (Bantam Books, 1992)


Salzberg, Sharon. Lovingkindness: The Revolutionary Art of Happiness (Shambhala, 1995)

Seligman, Ph.D., Martin E. P. Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment (Free Press, 2002)

Shafir, Rebecca. The Zen of Listening (2000)


Tribole, Evelyn and Resch, Elyse. Intuitive Eating: A Recovery Book For The Chronic Dieter; Rediscover The Pleasures Of Eating And Rebuild Your Body Image (St. Martin’s Press, 1995)
