

# Mindfulness Speed Dating Genre Guide

RA in a Day, BCLA Readers' Advisory Interest Group

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## What is it?

Mindfulness has its origins in Buddhism and centres around the idea of paying attention to what is happening in the present moment. This could mean noticing what's happening in one's body (breathing, heart rate, temperature, sensations, etc.) and/or in one's environment (sounds, smells, sights, etc.). The key to mindfulness is noticing what is taking place without trying to change it, and practising acceptance of "what is" in any given moment. There is an element of self-acceptance in mindfulness, as well as acceptance of others and the world in which one lives.

## Why do people practise/read about mindfulness?

There are two main groups amongst readers of mindfulness literature. One group of readers approaches the topic from a Buddhist perspective; they are Buddhist, they wish to be Buddhist, or they are interested in learning about this practice in the Buddhist context. They are likely interested in the philosophy behind mindfulness and in mindfulness as a way of life. The second group of readers is typically interested in mindfulness for improving physical and psychological health. Many studies have demonstrated that mindfulness meditation reduces stress and promotes relaxation, which leads to numerous well-documented health benefits. This second group may be more interested in mindfulness as a tool, rather than as a way of life, and they may not want to read about the Buddhist philosophy behind it. Understanding these two potential perspectives is useful when offering RA services so that you can ascertain the reader's true interest. Even so, the two streams complement each other nicely and readers may be interested in both points of view.

## Classics/Core titles

### Buddhist perspective:

- *A heart as wide as the world: Living with mindfulness, wisdom and compassion* by Sharon Salzberg
- *The miracle of mindfulness* by Thich Nhat Hanh
- *Mindfulness in action* by Chögyam Trungpa
- *Mindfulness in plain English* by Bhante Gunaratana
- *Peace is every step: The path of mindfulness in everyday life* by Thich Nhat Hanh
- *When things fall apart: Heart advice for difficult times* by Pema Chödrön

NB: I suggest starting with Pema Chödrön, as she explains the concepts very simply and effectively, and Thich Nhat Hanh, who is similarly interested in teaching newcomers to this topic.

### Health perspective:

- *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain and illness* by Jon Kabat-Zinn
- *Heal Thy Self: Lessons on mindfulness in medicine* by Saki F. Santorelli
- *The mindful brain: Reflection and attunement in the cultivation of well-being* by Daniel Siegel
- *The mindful way through depression: Freeing yourself from chronic unhappiness* by Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn
- *A Mindfulness-Based Stress Reduction workbook* by Bob Stahl & Elisha Goldstein

## Authors in this field

### Buddhist perspective:

Pema Chödrön – American Buddhist nun  
Thich Nhat Hanh – Zen Buddhist monk and activist  
Chögyam Trungpa – Founder of Shambhala in N. America  
Sakyong Mipham – Leader of Shambhala in N. America  
Jack Kornfield – American Buddhist teacher  
Sharon Salzberg – American Buddhist teacher  
Bhante Gunaratana - Sri Lankan Theravada Buddhist monk

### Health perspective:

Jon Kabat-Zinn – Professor Emeritus of Medicine, UMass  
Ellen Langer – Psychology Professor at Harvard  
Daniel Siegel – Professor of Clinical Psychiatry, UCLA  
Steve Flowers – Mindfulness-Based Stress Reduction therapist  
Saki F. Santorelli – Director, Stress Reduction Program, UMass  
Jan Chozen Bays – Zen Buddhist Teacher and MD  
Bob Stahl – Mindfulness-Based Stress Reduction therapist  
Cheryl Rezek – Clinical Psychologist and mindfulness teacher

## Sub categories in this genre

### Mindful eating:

- Bays, J. C. (2009). *Mindful eating: A guide to rediscovering a healthy and joyful relationship with food*. Boston: Shambhala Publications.
- Fain, J. (2011). *The self-compassion diet: A step-by-step program to lose weight with loving-kindness*. Boulder, CO: Sounds True.
- Hanh, T. N. & Cheung, L. (2011). *Savor: Mindful eating, mindful life*. San Francisco: HarperOne
- Somov, P. G. (2008). *Eating the moment: 141 mindful practices to overcome overeating one meal at a time*. Oakland, CA: Harbinger Publications.

### Addiction recovery:

- Bien, T. & Bien, B. (2002). *Mindful recovery: A spiritual path to healing from addiction*. New York: John Wiley and Sons.
- Jacobs-Stewart, T. (2010). *Mindfulness and the 12 Steps: Living recovery in the present moment*. Center City, MN: Hazeldon Press.
- Peltz, L. (2013). *The mindful path to addiction recovery: A practical guide to regaining control over your life*. Boston: Shambhala Publications.
- Williams, R. & Kraft, J. (2012). *The mindfulness workbook for addiction: A guide to coping with the grief, stress and anger that trigger addictive behaviors*. Oakland, CA: Harbinger Press.

### Mindfulness and children:

- Greenland, S. K. (2010). *The mindful child: How to help your kid manage stress and become happier, kinder and more compassionate*. New York: Atria Books.
- Rezek, C. (2016). *Monkey mind and the mountain: Mindfulness for 8-80 year olds*. Gerrards Cross, UK: Leachcroft
- Rogers, H. & Maytan, M. (2012). *Mindfulness for the next generation: Helping emerging adults manage stress and lead healthier lives*. Oxford: Oxford University Press.
- Willard, C. (2010). *The child's mind: Mindfulness practices to help our children be more focused, calm and relaxed*. Berkeley, CA: Parallax Press.

### Mindfulness and creativity:

- Langer, E. J. (2006). *On becoming an artist: Reinventing yourself through mindful creativity*. New York: Ballantine.

## Audio Recordings

- Goldstein, J. (2013). *Mindfulness: Six guided practices for awakening*. Boulder, CO: Sounds True.
- Kabat-Zinn, J. (2006). *Mindfulness for beginners: Explore the infinite potential that lies within this very moment*. Boulder, CO: Sounds True.

## Other titles of interest

- Brach, T. (2003). *Radical acceptance: Embrace your life with the heart of a Buddha*. New York: Bantam Dell.
- Brown, B. (2010). *The gifts of imperfection: Let go of who you think you are supposed to be and embrace who you are*. Center City, MN: Hazeldon.
- Demetrakas, J. (Director). (2013). *Crazy Wisdom: The life and times of Chögyam Trungpa Rinpoche* [Motion Picture]. United States: Kino Lorber films
- Huber, C. (1993). *There is nothing wrong with you*. Mountain View, CA: Keep It Simple Books.
- Katie, B. (2002). *Loving what is: Four questions that can change your life*. New York: Three Rivers Press.
- Oliver, M. (2007). *New and selected poems, volume 2*. Boston: Beacon Press.
- Oliver, M. (2004). *New and selected poems, volume 1*. Boston: Beacon Press.
- Tolle, E. (1999). *The power of now*. Novato, CA: New World Library.