

*Booklist for Stress Management and Mindfulness*

*Wherever You Go, There You Are* – Jon Kabot Zinn Ph.D.  
*Full Catastrophe Living*

*Relaxation Response* – Herbert Benson, M.D.

*Meditation for Dummies* - Stephen Bodian

*Healing the Body, Mending the Mind* – Joan Borysenko

*Calming Your Anxious Mind, How mindfulness and compassion can free you from anxiety, fear, and panic* - Jeffrey Brantley, M.D.

*How Can I Help* - Ram Dass

*Prayer is Good Medicine* – Larry Dossey, M.D.

*The Miracle of Mindfulness, Peace is Every Step, Walking Meditation* and many others - Thich Nhat Hahn

*You Can Heal Your Life* - Louise Hay

*Gradual Awakening and One Year To Live* - Stephen Levine

*Peaceful Mind – Mindfulness, Cognitive Behavioral Psychology to Overcome Depression* - John McQuaid, Ph.D, Paula Carmona R.N.

*Contemplative Prayer* , *New Seeds of Contemplation* - Thomas Merton

*Healing the Body, Healing the Mind* - Bill Moyers

*Women’s Bodies, Women’s Wisdom* - Christiane Northrup M.D.

*Letting God – Christian Meditations for Recovery* - Phillip Parham

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numerous books including *Spontaneous Healing, 8 Weeks to Optimum Health*  
Written with Jon-Kabot-Zinn - *Meditation for Optimum Health, How to use mindfulness and breathing to heal your body and refresh your mind*