

Anne's List of Recommended Books on Buddhist Meditation Practice

- Baraz, James. *Awakening Joy; 10 Steps that Will Put You on the Road to Real Happiness*, 2010.
- Bernhard, Toni. *How to Live Well with Chronic Pain and Illness*. 2015
- Boorstein, Sylvia. *Pay Attention, for Goodness Sake*. 2002.
- Brach, Tara. *Radical Acceptance*. 2003.
- Brantley, Jeffrey. *Calming Your Anxious Mind*. 2nd Edition, 2007.
- Byrne, Hugh. *The Here and Now Habit*. 2016
- Fronsdal, Gil. *The Issue at Hand; Essays on Buddhist Mindfulness Practice*. 2001.
- Goldstein, Joseph. *One Dharma; the Emerging Western Buddhism*. 2002.
Mindfulness: a Practical Guide to Awakening. 2013
- Gunaratana, Bhante H. *Mindfulness in Plain English*. 2002.
Eight Mindful Steps to Happiness. 2001.
- Kabat-Zinn, Jon. *Wherever You Go, There You Are; Mindfulness Meditation in Everyday Life*. 1994.
- Kornfield, Jack. *A Path with Heart; a Guide Through the Perils and Promises of Spiritual Life*. 1993.
The Wise Heart; a Guide to the Universal Teachings of Buddhist Psychology, 2009.
- Moffitt, Phillip, *Dancing with Life; Buddhist Insights for Finding Meaning & Joy in the Face of Suffering*. 2008.
Emotional Chaos to Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life. 2012.
- Olendski, Andrew, *Unlimiting Mind; the Radical Experiential Psychology of Buddhism*, 2010.
Untangling Self. 2016.
- Salzberg, Sharon. *Lovingkindness; the Revolutionary Art of Happiness*. 1995.
Real Happiness: the Power of Meditation. 2010.
- Tejaniya, Ashin, *Don't Look Down on the Defilements; They Will Laugh at You*, 2008.