

DVDs

Bringing stillness into everyday life.
Eckhart Tolle DVD 204.4 Tolle

Good medicine [how to turn pain into compassion with Tonglen meditation]
Pema Chödrön DVD 294.3 Good

Meditation for beginners: everything you need to know to start meditating now.
Jack Kornfield DVD 294.3 Meditation

Mindful Living Every Day
Film by David Nelson
DVD 294.3 Nhat Hanh

Mindful Movements
DVD 294.3 Nhat Hanh

Peace is every step: Meditation in action: The life & work of Thich Nhat Hanh
DVD 294.3 Nhat Hanh

The power of forgiveness.
DVD 179.9 Power

Practicing mindfulness: An introduction to Meditation.
DVD 158.12 Practicing

Smile at fear: A retreat with Pema Chodron on discovering your radiant self-confidence.
DVD 294.3 Smile



The Healthy Concord community assessment identified stress as a primary health concern among residents of all ages. Stress can have many negative affects on our physical and mental health, including cardiovascular complications, sleep disorders, obesity, depression, and more.

Healthy Concord aims to help reduce the impact of stress of our lives through education and activities. Programs and events offered by our partner organizations displaying this logo are working collaboratively to create a healthier place for us to live and work. You can learn more about stress reduction, and our other initiative on road safety at http://concordma.gov/Pages/ConcordMA_Thrive/

**Mindfulness—eBooks,
Audio CDs & DVDs**

Healthy Concord

Concord Free Public Library
129 Main Street
Concord, Massachusetts 01742

978.318.3347
www.concordlibrary.org

CDs

The art of mindful living.

By Thich Nhat Hanh CD 294.34 **Nhât Hân**

Be grateful to everyone: An in-depth guide to the practice of ojong.

By Pema Chödrön CD 294.3444 Chodron

Don't bite the hook: finding freedom from anger, resentment, and other destructive emotions.

By Pema Chödrön CD 158.1 Chodron

Getting unstuck: Breaking your habitual patterns & encountering naked reality.

By Pema Chödrön CD 294.3444 Chodron

Guided mindfulness meditation.

By Jon Kabat-Zinn CD 158.12 Kabat-Zinn

Guided meditation: six essential practices to cultivate love, awareness, and wisdom.

By Jack Kornfield CD 294.3443 Kornfield

Happiness is an inside job: practicing for a joyful life.

By Sylvia Boorstein CD 294.3 Boorstein

How to meditate: A practical guide to making friends with your mind.

By Pema Chödrön CD 294.3443 Chodron

Living without stress or fear.

By Thích Nhất CD 294.3443 **Nhât**

Mindfulness@work.

By Daniel Goleman CD 658.4 Goleman

Mindfulness for beginners.

By Jon Kabat-Zinn CD 158.12 Kabat-Zinn

CDs

Radical Acceptance: Embracing your life with the heart of a Buddha.

By Tara Brach MP3 CD 294.344 Brach

Real happiness: the power of meditation: A 28-day program.

By Sharon Salzberg CD 294.3 Salzberg

Self-compassion step by step: The proven power of being kind to yourself.

By Kristin Neff CD 158.1 Neff

Still the mind: an introduction to meditation.

By Alan Watts CD 158.12 Watts

Stress-proof your brain: meditations to rewire-neural pathways for stress relief and unconditional happiness.

By Rick Hanson CD 155.9042 Hanson

The jewel of liberation: Essential teachings on the end of suffering.

By Jack Kornfield CD 294.3444 Kornfield

The mindful way through depression: freeing yourself from chronic unhappiness.

CD 616.8527 Mindful

The miracle of mindfulness: An introduction to the practice of meditation.

By Thich Nhat Hahn CD 294.34 **Nhat Hanh**

The wisdom of no escape: and the path of loving-kindness.

By Pema Chödrön CD 294.3443 Chödrön

True refuge: finding peace and freedom in your own awakened heart.

By Tara Brach CD 294.3444 Brach

CDs

Twelve steps to a compassionate life

By Karen Armstrong CD 177.7 Armstrong

When things fall apart.

By Pema Chödrön CD 294.3 Chodron

Wherever you go, there you are: mindfulness meditation in everyday life.

By Jon Kabat-Zinn CD 155.9042 Kabat-Zinn

eAudiobooks

8 keys to stress management: Simple and effective strategies to transform your experience of stress. By Elizabeth Anne Scott

Eight weeks to optimum health: A proven program for taking full advantage of your body's natural healing power. By Andrew Weil

Freeing yourself from anxiety: 4 simple steps to overcome worry and create the life you want. By Tamar E. Chansky

Meditation for beginners
By Jack Kornfield

Mindfulness for beginners.
By Jon Kabat-Zinn

Pain relief: Four proven meditation techniques you can use immediately. By Shinzen Young

The power of now: A guide to spiritual enlightenment. By Eckhart Tolle

This is water: Some thoughts, delivered on a significant occasion, about living a compassionate life.
By David Foster Wallace

Twelve steps to a compassionate life.
By Karen Armstrong