MIND-BODY MEDICINE PROGRAM

RESOURCES

**All products available on Amazon.com unless otherwise noted**

MINDFULNESS & MEDITATION

Books:
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* - Jon Kabat-Zinn, Ph.D (1990)
- *Meditation Secrets for Women* - Camille Maurine (2009)

Audio:
- *iRest at Ease* - Richard Miller, Ph.D (available at: www.i rest.us/products/i rest-at-ease)
- *Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain* - Shinzen Young (available at: www.soundstrue.com)
- *Healing Trauma: Guided Imagery for Posttraumatic Stress (Health Journeys)* - Belleruth Naparstek
- *Ease Pain: A Meditation to Help you Ease Pain (Health Journeys)* - Belleruth Naparstek
- *Sleep Solutions (The Calming Collection)* - Roberta Shapiro

Free Guided Meditations:
- Insight Meditation Community of Washington (IMCW) - http://imcwbeta.org/Talks/AudioBrowser.aspx
- Guided Audio Files to Practice Mindfulness Based Stress Reduction (MBSR) - http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/audio.aspx
- Guided Audio Files from UVA’s Medical School’s Mindfulness Center - http://www.medicine.virginia.edu/clinical/departments/medicine/divisions/general-med/wellness/the-mindfulness-center/resources/audio-recordings
- Center for Investigating Healthy Minds Compassion Training Exercises - http://investigatinghealthy minds.org/compassion.html
YOGA

Books:
- Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain – Kelly McGonigal (2009)
- Yoga as Medicine: The Yogic Prescription for Health and Healing – Dr. Timothy McCall (2007)

DVD’s:
- Stress Relief Yoga with Suzanne Deason (2004)

Video’s Online:
- http://www.yogauonline.com
- http://www.gaiamtv.com
- http://www.yogadownload.com
- http://yogaglo.com

Yoga and Meditation-Based Programs for Returning Veterans

Dynamic Human Solutions: www.dynamichumansolutions.com
Exalted Warrior Foundation: www.exaltedwarrior.com
Integrative Restoration Institute: (iRest) for veterans - www.irest.us/projects/veterans
Project Welcome Home Troops (Sudarshan Kriya): www.projectwelcomehometroops.org
Veterans’ Peace of Mind: www.veteranspeaceofmind.org
There & Back Again: www.thereandback-again.org

Mind-Body Apps for Smart Phones

Mindfulness Meditation: Six different-length mindfulness meditations and relaxation exercises
White Noise Pro: Ambient nature sounds to help you relax during the day and sleep at night
Yoga in Bed: Videos, photos, and instructions to guide you through a yoga routine
Insight Timer: Excellent tool for timing meditation/relaxation sessions
iChill: Mind-body instruction for stress reduction based on Trauma Resiliency Model skills
Breath2Relax: A hands-on diaphragmatic breathing exercise for stress management

Relaxation Music

Liquid Mind: www.liquidmindmusic.com
Deuter: Koyasan: Reiki Sound Healing
R. Carlos Nakai: Canyon Trilogy

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