

# MIND-BODY MEDICINE PROGRAM

## RESOURCES

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

### MINDFULNESS & MEDITATION

#### Books:

- *Mindfulness in Plain English* - Bhante Gunaratana (20<sup>th</sup> anniversary edition, 2011)
- *Peace Is Every Step: The Path of Mindfulness in Everyday Life* - Thich Nhat Hanh (1992)
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* - Jon Kabat-Zinn, Ph.D (1990)
- *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* - Jon Kabat-Zinn, Ph.D (2005)
- *Real Happiness: The Power of Meditation: A 28-Day Program (with CD)* - Sharon Salzberg (2011)
- *Meditation for Beginners* - Jack Kornfield (2008)
- *Meditation Made Easy* - Lorin Roche, Ph.D (1998)
- *Meditation 24/7: Practices to Enlighten Every Moment of the Day (with CD)* - Lorin Roche, Ph.D (2004)
- *Meditation Secrets for Women* - Camille Maurine (2009)
- *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (with CD)* - Jan Chozen Bays, M.D. (2009)

#### Audio:

- *Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing* - Richard Miller, Ph.D (available at: [www.soundstrue.com](http://www.soundstrue.com))
- *iRest at Ease* - Richard Miller, Ph.D (available at: [www.irest.us/products/irest-at-ease](http://www.irest.us/products/irest-at-ease))
- *Guided Meditations for Self-Healing* - Jack Kornfield (2010)
- *Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain* - Shinzen Young (available at: [www.soundstrue.com](http://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>

Sounds True's Interactive Guide to 21 Meditation Exercises

[http://www.soundstrue.com/guide/meditation/#!state\\_list\\_page](http://www.soundstrue.com/guide/meditation/#!state_list_page)

Center for Investigating Healthy Minds Compassion Training Exercises

<http://investigatinghealthyminds.org/compassion.html>

# YOGA

## Books:

- *Yoga for Emotional Balance: Simple Practices to Help Relieve Anxiety and Depression* – Bo Forbes (2011)
- *Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain* – Kelly McGonigal (2009)
- *Ayurveda: The Science of Self Healing: A Practical Guide* – Dr. Vasant Lad (1985)
- *Yoga as Medicine: The Yogic Prescription for Health and Healing* – Dr. Timothy McCall (2007)

## DVD's:

- *Stress Relief Yoga with Suzanne Deason* (2004)
- *Yoga Journal: Yoga for Well-Being with Jason Crandell* (2008)
- *Shiva Rea: Flow Yoga for Beginners* (2008)

## 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](http://www.dynamichumansolutions.com)

Exalted Warrior Foundation: [www.exaltedwarrior.com](http://www.exaltedwarrior.com)

Integrative Restoration Institute: (iRest) for veterans - [www.irest.us/projects/veterans](http://www.irest.us/projects/veterans)

Project Welcome Home Troops (Sudarshan Kriya): [www.projectwelcomehometroops.org](http://www.projectwelcomehometroops.org)

Veterans' Peace of Mind: [www.veteranspeaceofmind.org](http://www.veteranspeaceofmind.org)

There & Back Again: [www.thereandback-again.org](http://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](http://www.liquidmindmusic.com)

Deuter: Koyasan: Reiki Sound Healing

R. Carlos Nakai: Canyon Trilogy

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