

Mindfulness Information

Mindfulness Centre website (University of Wales Bangor)

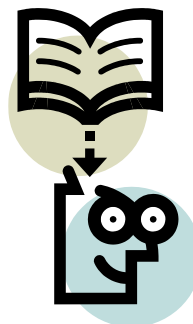
<http://www.bangor.ac.uk/mindfulness>

www.mbct.co.uk

www.mbct.com

Book List

- Williams, Mark; Teasdale, John; Segal, Zindel; and Kabat-Zinn, Jon (2007) *The Mindful Way through Depression*
- Kabat-Zinn, Jon (2005) *Coming to Our Senses – healing ourselves and the World through Mindfulness*
- Segal, Zindel; Williams, Mark; Teasdale, John (2002) *Mindfulness – Based Cognitive Therapy for Depression*
- Santorelli, S (1999) *Heal Thyself – lessons on Mindfulness in medicine*
- Kabat-Zinn, Jon (1994) *Mindfulness Meditations in Everyday Life*
- T. Nhat Hanh (1991) *The Miracle of Mindfulness*
- Kabat – Zinn, Jon (1990) *Full Catastrophe Living*



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