

Resources for Celebrating Change and Self-Awareness

Books on Being Your Own “Personal Lifestyle Trainer”

- Changing For Good, A Six-Stage Program For Overcoming Bad Habits and Moving Your Life Positively Forward, by James Prochaska, Ph.D., John Norcross, Ph.D., Carlo Diclemente, Ph.D., (1994), Avon Books, Inc.
- *DON'T SWEAT THE SMALL STUFF...and it's all small stuff (...with Your Family-is another good book)*, by Richard Carlson, Ph.D., (1997), Hyperion, New York
- *Take Time for Your Life, Life Makeovers, Stand Up for Your Life*, by Cheryl Richardson, (1999 – 2002), Broadway Books, New York, NY. Provides a program for creating the life you want. Gives 52 practical & inspiring ways to improve your life one week at a time. These books are excellent! Electronic newsletter at: www.Cherylrichardson.com
- *The 7 Habits of Highly Effective People*, by Stephen R. Covey, (1989), Simon & Schuster, New York

Books on Meditation & Mindfulness

- *The Beginner's Guide To Insight Meditation*, by Arinna Weisman and Jean Smith, (2001), Bell Tower, New York.
- *The Three Minute Meditator*, by David Harp, (1996), New Harbinger Publications, Inc., Oakland, California
Gives 30 simple ways to unwind your mind while enhancing your emotional intelligence. Written by a musician.
- *Seeking The Heart Of Wisdom*, by Joseph Goldstein & Jack Kornfield, (1987), Shambhala Publishers
- *The Miracle of Mindfulness*, by Thich Nhat Hanh, (1976), Beacon Press, Boston
- *Guided Meditations on the Lamrim (The Gradual Path from Confusion to Self-Awareness and Freedom)*, by Thubten Chodron. 14 audio CD's, including an explanatory booklet. Order: from DFF Lamrim CD's, P.O. Box 30011, Seattle, WA 98103, or Email: CDs@dharmafriendship.org
- *Present Moment Wonderful Moment*, by Thich Nhat Hanh, (1990), Parallax Press
- *Loving What Is (and Excerpt)*, by Byron Katie, (2002), Harmony Books, order Excerpt from www.thework.org

Books on Spiritual Cognitive Therapy

- *Becoming Your Own Therapist, Make Your Mind an Ocean* by Lama Yeshe, (1999, 1998), Lama Yeshe Archive. Books are available on donation basis at www.LamaYeshe.com These are superb.
- *Buddhism for Beginners, Open Heart, Clear Mind, Taming the Monkey Mind, Transforming the Heart: The Buddhist Way to Joy and Courage, Working With Anger and What Color is Your Mind?*, by Thubten Chodron
All of Venerable's books provide a no-nonsense, wise & ethical approach to understanding our life's journey.
- *Buddhism Without Beliefs*, by Stephen Batchelor, (1997), Riverhead Books
Amazing insights and wisdom written in common English with no jargon or technical terms.
- *Emotional Alchemy-How the Mind Can Heal The Heart*, by Tara Bennett-Goleman, (2001), Harmony Books
Gives suggestions for transforming stuck habits of mind, emotions and relationships that create suffering—which then can lead to perceptual shifts and healing.
- *Loving-Kindness- The Revolutionary Art of Happiness*, by Sharon Salzberg, (1995), Shambhala Publishers, Boston & London
- *Peace Is Every Step- The Path of Mindfulness in Everyday Life*, (1991), Bantam Books, New York, *The Heart of The Buddha's Teachings*, by Thich Nhat Hanh, (1998), Broadway Books.
All of his books touch the heart with insight, tenderness, kindness and practical transformational ideas.
- *Practicing The Power of Now*, (1999), by Eckhart Tolle, New World Library. Provides suggestions & insights to experience the joy of being, to enter the now, to accept whatever is happening (to see impermanence and the cycles of life), and to transform the “pain body” in us. *Sounds True* has audio and videotapes of this book, and many other titles. 800-333-9185
- *Seat Of The Soul*, (1990), by Gary Zukav, Fireside Publishers
- *When Things Fall Apart, Wisdom Of No Escape, Start Where You Are*, By Pema Chodron, (1994), Shambhala, Publications
All of Pema's books provide earthy, honest advice—as if from your loving grandmother.