

COMMIT to SIT
Reading & Resource List
Spring 2021
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For starters:

Gunaratana, B. *Mindfulness in Plain English*, Somerville, 2015.

Kabat-Zinn, J. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*, revised and updated edition, Random House, New York, 2013.

*Kabat-Zinn, J. *Meditation is Not What You Think: Mindfulness and Why It Is So Important*, Hachette Book Group, New York, 2018.

*Kabat-Zinn, J. *Falling Awake: How to Practice Mindfulness in Everyday Life*, Hachette Book Group, New York, 2018.

*Kabat-Zinn, J. *The Healing Power of Mindfulness: A New Way of Being*, Hachette Book Group, New York, 2018.

*Kabat-Zinn, J. *Mindfulness for All: The Wisdom to Transform the World*, Hachette Book Group, New York, 2018.

Kabat-Zinn, J. *Wherever You Go There You Are: Mindfulness Meditation in Everyday Life*, Hyperion, New York, 1994.

Nhat Hanh, T. *How To Sit*, Parallax Press, Berkeley, 2014.

Nhat Hanh, T. *How To Walk*, Parallax Press, Berkeley, 2015.

And also:

Batchelor, S. *Buddhism Without Beliefs: A Contemporary Guide to Awakening*, Riverhead Books, New York, 1997.

Batchelor, S. *Living With The Devil: A Meditation on Good and Evil*, Riverhead Books, New York, 2004.

Brach, T. *Radical Acceptance: Embracing Your Life With the Heart of a Buddha*, Bantam Books, New York, 2014.

Chodron, P. *When Things Fall Apart: Heart Advice for Difficult Times*, Shambhala, 2016.

Goldstein, J. *Insight Meditation: The Practice of Freedom*, Shambhala Classics, Boulder, 2003.

Goldstein, J. *Mindfulness: A Practical Guide to Awakening*, Sounds True, Boulder, 2013.

Kornfield, J. *A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life*, Bantam Books, New York, 1993.

Lokos, A. *Through The Flames: Overcoming Disaster Through Compassion, Patience and Determination*, TarcherPerigee, New York, 2015.

*previously published as part of *Coming to Our Senses*, Hyperion, 2005.

Lokos, A. *Patience: The Art of Peaceful Living*, TarcherPerigee, New York, 2015

Nhat Hanh, T. *The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation*, Harmony Books, New York, 1998.

Salzberg, S. *Lovingkindness*, Shambhala, Boston, 1995.

Websites/Online teachings:

Brown Toe Yoga (yoga + meditation) <https://www.youtube.com/channel/UCssXWiPAPG1SpH8Iy9kWpeg>

Community Meditation Center www.cmcnewyork.org

Integrated Dharma Institute/Andrew Olendzki www.integrateddharmainstitute.org

Jillian Pransky (yoga & meditation) www.jillianpransky.com

New York Insight Meditation Center <http://nyimc.org/index.php>

Tara Brach www.tarabrach.com