

Recommended Readings

First Readings

- ***Mindfulness in Plain English:*** Bhante Gunaratana
- ***The Issue at Hand*** Gil Fronsdal
- ***Seeking the Heart of Wisdom:*** Joseph Goldstein and Jack Kornfield
- ***The Miracle of Mindfulness:*** Thich Nhat Hanh
- ***Loving Kindness:*** Sharon Salzberg
- ***A Still Forest Pool:*** Ajahn Chah
- ***Breath by Breath, the Liberating Practice of Insight Meditation:*** Larry Rosenberg
- ***Insight Meditation:*** Joseph Goldstein
- ***Buddha's Brain:*** Rick Hanson
- ***Dancing with Life: Phillip Moffitt***
- ***Pay Attention for Goodness Sake:*** Sylvia Boorstein
- ***What the Buddha Taught:*** Walpola Rahula

Further Readings

- ***A Path With Heart:*** Jack Kornfield
- ***Eight Mindful Steps to Happiness:*** Bhante Gunaratana
- ***Breathe! You are Alive:*** Thich Nhat Hahn
- ***Heartwood of the Bodhi Tree:*** Ajahn Buddhadasa
- ***Old Path, White Clouds:*** Thich Nhat Hanh
- ***The Heart of Buddhist Meditation:*** Nyanaponika Thera
- ***The Mind and the Way:*** Ajahn Sumedho
- ***In This Very Life:*** Sayadaw U Pandita
- ***Living in the Light of Death:*** Larry Rosenberg
- ***Being Dharma:*** Ajahn Chah