



## **Recommended Reading List**

### **Introduction to Mindfulness Practices:**

- Gunaratana, H. (2002). *Mindfulness in plain English*. Boston: Wisdom Publications.
- Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. New York: Hyperion.
- Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Delacorte Press.
- Levey, J., & Levey, M. (2003). *The fine arts of relaxation, concentration & meditation: Ancient skills for modern minds*. Boston: Wisdom Publications.

### **Stress, Trauma, and the Body:**

- Bremner, J. D. (2002). *Does stress damage the brain? Understanding trauma-related disorders from a mind-body perspective*. New York: W.W. Norton.
- Levine, P. (1997). *Waking the tiger: Healing trauma*. Berkeley: North Atlantic Books.
- Ogden, P., Minton, K., & Pain, C. (2006). *Trauma and the body: A sensorimotor approach to psychotherapy*. New York: W.W. Norton.
- Sapolsky Robert, M. (1994). *Why zebras don't get ulcers: A guide to stress, stress related diseases, and coping*. New York: W.H. Freeman.
- Scaer, R. C. (2005). *The trauma spectrum: Hidden wounds and human resiliency*. New York: Norton.
- Van der Kolk, B. A., McFarlane, A. C., & Weisæth, L. (2007). *Traumatic stress: The effects of overwhelming experience on mind, body, and society*. New York: Guilford Press.

### **Preparing the Warrior's Mind:**

- Asken, M. J. & Grossman, D. (2010). *Warrior mindset: Mental toughness skills for a nation's peacekeepers*. Milstadt, IL: Warrior Science Publications.
- Grossman, D. (1995). *On killing: The psychological cost of learning to kill in war and society*. Boston: Little, Brown.
- Grossman, D., & Christensen, L. W. (2007). *On combat: The psychology and physiology of deadly conflict in war and in peace*. Milstadt, IL: Warrior Science Publications.
- Strozzi-Heckler, R. (1990). *In search of the warrior spirit*. Berkeley, CA: North Atlantic Books.

### **The Warrior and Society:**

- Bacevich, A. J. (2005). *The new American militarism: How Americans are seduced by war*. New York: Oxford University Press.
- Hoge, C. W. (2010). *Once a warrior always a warrior: Navigating the transition from combat to home – including combat stress, PTSD, and mTBI*. Guilford, CT: GPP Life.

- Sherman, N. (2005). *Stoic warriors: The ancient philosophy behind the military mind*. New York: Oxford University Press.
- Sherman, N. (2010). *The untold war: Inside the hearts, minds, and souls of our soldiers*. New York: W. W. Norton.
- Tick, E. (2005). *War and the soul: Healing our nation's veterans from post-traumatic stress disorder*. Wheaton, IL: Quest Books.

### **Neuroscience:**

- Begley, S. (2007). *Train your mind, change your brain: How a new science reveals our extraordinary potential to transform ourselves*. New York: Ballantine Books.
- Doidge, N. (2007). *The brain that changes itself: Stories of personal triumph from the frontiers of brain science*. New York: Viking.
- LeDoux, J. E. (1996). *The emotional brain: The mysterious underpinnings of emotional life*. New York: Simon & Schuster.
- Ratey, J. J. (2001). *A user's guide to the brain: Perception, attention, and the four theaters of the brain*. New York: Vintage.
- Schwartz, J., & Begley, S. (2002). *The mind and the brain: Neuroplasticity and the power of mental force*. New York: Regan Books/HarperCollins
- Siegel, D. J. (1999). *The developing mind: How relationships and the brain interact to shape who we are*. New York: Guilford Press.

### **Clinical Applications of Mindfulness:**

- Baer, R. A. (2006). *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. Boston: Elsevier, Academic Press.
- Germer, C. K., Siegel, R. D., & Fulton, P. R. (2005). *Mindfulness and psychotherapy*. New York: Guilford Press.
- Hayes, S. C., Follette, V. M., & Linehan, M. (2004). *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*. New York: Guilford Press.
- Hayes, S. C., Strosahl, K., & Wilson, K. G. (1999). *Acceptance and commitment therapy: An experiential approach to behavior change*. New York: Guilford Press.
- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*. New York: Guilford Press.
- Shapiro, S. L., & Carlson, L. E. (2009). *The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions*. Washington, DC: American Psychological Association.

### **Mindfulness-based Self-Help Approaches:**

- Bennett-Goleman, T. (2001). *Emotional alchemy*. New York: Harmony Books.
- Hayes, S. C., & Smith, S. (2005). *Get out of your mind & into your life*. Oakland, CA: New Harbinger Publications.
- Williams, M., Teasdale, J., Segal, Z., & Kabat-Zinn, J. (2007). *The mindful way through depression: Freeing yourself from chronic unhappiness*. New York: Guilford Press.