

Reading List provided by Donald Altman, from his course **Contemplative Dimension in Education and Counseling Core Class 501-122**

**READING, BIBLIOGRAPHY & RESOURCES**

- Mindfulness, Ellen Langer, Da Capo Press
- Art of the Inner Meal, Donald Altman; Moon Lake Media, 2002 revised edition  
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- Arpaia and Rapgay. Tibetan Wisdom for Western Life. 1999.
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- Hayes, Follette, and Linehan, Editors. Mindfulness and Acceptance: Expanding the Cognitive- Behavioral Tradition. 2004.
- Kabat-Zinn. Coming to Our Senses: Healing Ourselves and the World Through Mindfulness.
- Kahn, Inayat. The Gayan. Message Publications
- Kornfield, Jack. The Art of Forgiveness, Lovingkindness, and Peace. 2002.
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- Newberg, Andrew, et. al. Why God Won't Go Away: Brain science and the biology of belief. Sen XV, Soshitsu. Tea Life, Tea Mind. 1995.
- Siegel, Daniel. The Developing Mind
- Siegel, Daniel and Hartzell, Mary. Parenting from the Inside Out. 2004.
- Smith, Huston, Forgotten Truth. 1998.
- Tart, Charles. Living the Mindful Life: A Handbook for Living in the Present Moment Whybrow, Peter, American Mania: When More is Not Enough. 2005