

Intro. To Mindfulness Resources and Bibliography

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Many of these references are scientific research papers and not designed for the general public to read; I include them here because I mention these in the workshop.

** I suggest you start with these!

Books:

Benard, Bonnie. *Resiliency: What We Have Learned*.

Cullen, Margaret and Brito, Gonzalo. *The Mindfulness- Based Emotional Workbook*, (2015).

**Hanson, Rick. *Hardwiring Happiness*.

**Kabat Zinn, Jon. *Wherever You Go, There You Are*.

**McGonigal, Kelly. *The Upside of Stress*.

**McGonigal, Kelly. *The Willpower Instinct*.

Segal, Williams, & Teasdale, (2012). "Mindfulness-Based Cognitive Therapy for Depression" (2nd ed.). New York: The Guilford Press.

Seppala, Emma. *The Happiness Track*.

**Smalley, Susan and Winston, Diane. *Fully Present: The Science, Art, and Practice of Mindfulness*.

Smilkstein, Rita. *We're Born to Learn*

Ryan, Tim
A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit.

Zull, James. *The Art of Changing the Brain*.

Research Articles:

Barnes, S., et al. (2007). The role of mindfulness in romantic relationship satisfaction and response to relationship stress. *Journal of Marital and Family Therapy*, 33(4), 482-500.

Davidson, R., et al. (2003). Alterations in Brain and Immune Function Produced by Mindfulness Meditation. *Psychosomatic Medicine*, 65, 564-570.

Goyal, M., et al (2014). Meditation Programs for Psychological Stress and Well-being: A Systematic Review and Meta-analysis *AMA Intern Med*. 2014;174(3):357-368.
doi:10.1001/jamainternmed.2013.13018.

Holzel, B.K., et al (2011). Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Res*. 2011 Jan 30;191(1):36-43.

Hutcherson, C., et al. (2008). Loving-Kindness Meditation Increases Social Connectedness. *Emotion*, 8(5), 720-724.

Lazar, S., et al. (2005). Meditation experience is associated with increased cortical thickness. *NeuroReport*, 16(17), 1893-1897.

Khoury, B., Lecomte, T., Fortin, G., Masse, M., Therien, P., Bouchard, V., Chapleau, M. A., Paquin, K., & Hofmann, S. G. (2013). Mindfulness-based therapy: A comprehensive meta-analysis. *Clinical Psychology Review, 33*, 763–771.

Research Articles

Singh, N., et al. (2007). Mindful Parenting Decreases Aggression and Increases Social Behavior in Children with Developmental Disabilities. *Behavior Modification, 31*(6), 749-771.

Singh, N., et al. (2006). Mindful Parenting Decreases Aggression, Noncompliance, and Self-Injury in Children with Autism. *Journal of Emotional and Behavioral Disorders, 14*(3), 169-177.

Tang, Y., et al. (2007). Short-term meditation training improves attention and self-regulation. *PNAS, 104*(43), 17152-17156.

Teasdale, J., et al. (2000). Prevention of Relapse/Recurrence in Major Depression by Mindfulness-Based Cognitive Therapy. *Journal of Counseling and Clinical Psychology, 68*(4), 615-623.

Researchers:

Dahl, Ronald, M.D.
University of Pittsburgh
Neurological development and proactive early interventions for behavioral and emotional health.

Davidson, Richard, Ph.D.
University of Wisconsin-Madison
Functional brain imaging and affective neuroscience research.

Greenberg, Mark, Ph.D.
Penn. State University
Research on the social, emotional, and cognitive competence of students.

Hensch, Takao K., Ph.D.
Harvard Medical School/Harvard University.
Research on key developmental periods in brain development.

Eccles, Jacquelynne, Ph.D.
University of Michigan
Social psychology research on the connection between self-beliefs and motivation, social contexts, and development.

Goleman, Daniel, Ph.D.
Harvard University/Author
Emotional intelligence.

Sapolsky, Robert, Ph.D.
Stanford University
Research on stress and the neuroendocrine system.

Wright Edelman, Marian, J.D.
Children's Defense Fund
Founder and President of the Children's Defense Fund. Work focuses on the success of disadvantaged children.