

Mindfulness Collection List

TITLE	AUTHOR	YEAR	Call Number
Affective assistance of counsel : practicing law as a healing profession / Marjorie A. Silver.	Silver, Marjorie A.	2007	KF300 .S54 2007
Antidote : happiness for people who can't stand positive thinking / Oliver Burkeman.	Burkeman, Oliver	2012	BF575.H27 B86 2012
Anxiety & phobia workbook / Edmund J. Bourne, PhD.	Bourne, Edmund J.	2015	RC531 .B67 2015
Anxious lawyer : an 8-week guide to a joyful and satisfying law practice through mindfulness and meditation / Jeena Cho, Karen Gifford.	Cho, Jeena	2016	KF298 .C47 2016
Art of happiness : a handbook for living / the Dalai Lama and Howard C. Cutler, M.D.	Bstan-É¼dzin-rgya-mtsho, Dalai Lama XIV, 1935-	2009	BQ7935.B774 A78 2009
Awake at work : 35 practical Buddhist principles for discovering clarity and balance in the midst of work's chaos / Michael Carroll.	Carroll, Michael	2006	HF5549.5.J63 C373 2006
Becoming a joyful lawyer : contemplative training in non-distraction, empathy, and emotional wisdom / by Deborah Calloway.	Calloway, Deborah A. (Deborah Ann), 1949-	2012	K120 .C35 2012
Believe! : a collection of faith poems / by Judge J. Robert Stump (Ret.).	Stump, Robert J.	2015	PN1077 .S78 2015
Breath by breath : the liberating practice of insight liberation / Larry Rosenberg ; with David Guy ; foreword by Jon Kabat-Zinn.	Rosenberg, Larry	2004	BL627 .R67 2004
Breathing : the master key to self healing / Andrew Weil.	Weil, Andrew	1999	RA782 .W45 1999
Calming your anxious mind : how mindfulness & compassion can free you from anxiety, fear, and panic / Jeffrey Brantley, MD.	Brantley, Jeffrey	2007	BF575.A6 B737 2007
Centering prayer : renewing an ancient christian prayer form / M Basil Pennington, O.C.S.O.	Pennington, M. Basil	2012	BV5091.C7 P46 2012
Coming to our senses : healing ourselves and the world through mindfulness / Jon Kabat-Zinn.	Kabat-Zinn, Jon	2005	BL627 .K325 2005
Contemplative prayer : traditional Christian meditations for opening to divine union / Fr. Thomas Keating.	Keating, Thomas	1995	BV5091.C7 K43 1995

TITLE	AUTHOR	YEAR	Call Number
Eckhart Tolle audio collection / Eckhart Tolle.	Tolle, Eckhart, 1948-	2002	BL624 .T627 2002
Emotional intelligence / Daniel Goleman.	Goleman, Daniel	2006	BF576 .G65 2006
Excellence in the workplace : legal and life skills in a nutshell / Kay Kavanagh, Professor of Law Emerita, University of Arizona, James E. Rogers College of Law, Tuscon, AZ, Paula Nailon, Assistant Dean for Career and Professional Development, Retired, U	Kavanagh, Kay	2018	KF297 .K382 2018
Finding bliss : innovative legal models for happy clients & happy lawyers / Deborah Epstein Henry, Suzie Scanlon Rabinowitz, Garry A. Berger ; foreword by Anne-Marie Slaughter.	Henry, Deborah Epstein, 1967-	2015	KF300 .H457 2015
Five good minutes : 100 morning practices to help you stay calm & focused all day long / Jeffrey Brantley, Wendy Millstine.	Brantley, Jeffrey	2005	BF637.M4 B725 2005
Flow : the psychology of optimal experience / Mihaly Csikszentmihalyi.	Csikszentmihalyi, Mihaly	2008	BF575.H27 C85 2008
Freedom from the known / by J. Krishnamurti ; edited by Mary Lutyens.	Krishnamurti, J. (Jiddu), 1895-1986.	2010	B5134.K75 F7 2010
Full catastrophe living : using the wisdom of your body and mind to face stress, pain, and illness / Jon Kabat-Zinn, PhD.	Kabat-Zinn, Jon	2013	RA785 .K33 2013
Gradual awakening / Stephen Levine.	Levine, Stephen, 1937-2016	1989	BQ5630.V5 L48 1989
Great seal : the mahamudra view of diamond way Buddhism / Lama Ole Nydahl.	Nydahl, Ole	2004	BQ7604 .N94 2004
Guided mindfulness meditation. Series 1 / Jon Kabat-Zinn.	Kabat-Zinn, Jon	2002	BF637.M4 K332 2002
Guided mindfulness meditation. Series 2 / Jon Kabat-Zinn.	Kabat-Zinn, Jon	2002	BF637.M4 K333 2002
Guided mindfulness meditation. Series 3 / Jon Kabat-Zinn.	Kabat-Zinn, Jon	2005	BF637.M4 K334 2005
Happy lawyer : making a good life in the law / Nancy Levit & Douglas O. Linder.	Levit, Nancy	2010	KF300 .L485 2010
How leading lawyers think : expert insights into judgment and advocacy / Randall Kiser.	Kiser, Randall	2011	K120 .K57 2011

TITLE	AUTHOR	YEAR	Call Number
How much is enough? : money and the good life / Robert Skidelsky & Edward Skidelsky.	Skidelsky, Robert, 1939-	2012	HB251 .S64 2012
How much is enough? : money and the good life / Robert Skidelsky & Edward Skidelsky.	Skidelsky, Robert, 1939-	2012	HB251 .S64 2012
How to meditate : a guide to self-discovery / Lawrence LeShan, Ph.D. ; afterword by Edgar N. Jackson.	LeShan, Lawrence L., 1920-	1999	BF637.M7 L48 1999
I am that : talks with Sri Nisargadatta Maharaj / translated from the Marathi tape recordings by Maurice Frydman ; revised and edited by Sudhakar S. Dikshit.	Nisargadatta, Maharaj, 1897-1981	2012	BL1175.N468 A54 2012
Insight meditation : the practice of freedom / Joseph Goldstein.	Goldstein, Joseph, 1944-	2003	BQ5675 .G64 2003
Lawyer wellness is not an oxymoron : why tomorrow's top lawyers must embrace wellness today and what you need to do to be one of them / Andy Clark.	Clark, Andy (Lawyer)	2013	K120 .C53 2013
Lawyer, know thyself : a psychological analysis of personality strengths and weaknesses / Susan Swaim Daicoff.	Daicoff, Susan Swaim	2004	KF300.Z9 D35 2004
Lawyers as peacemakers : practicing holistic, problem-solving law / J. Kim Wright.	Wright, J. Kim	2010	KF311 .W75 2010
Lawyer's guide to balancing life and work / by George W. Kaufman.	Kaufman, George W., 1938-	2006	KF298 .K38 2006
Lawyer's guide to the Alexander technique : using your mind-body connection to handle stress, alleviate pain, and improve performance / Karen G. Krueger.	Krueger, Karen G.	2015	KF297 .K78 2015
Lawyer's light : daily meditations for growth and recovery / Kevin M. Chandler.	Chandler, Kevin M.	2014	KF298 .C44 2014
Less : accomplishing more by doing less / Marc Lesser.	Lesser, Marc, 1952-	2009	BV5091.C7 L46 2009
Manual for living / Epictetus ; a new interpretation by Sharon Lebell.	Epictetus.	1994	B561.M52 E5 1994
Meditation : practicing presence in every moment of your life / Eckhart Tolle.	Tolle, Eckhart, 1948-	2012	BF637.M4 T65 2012
Meditation for beginners / Jack Kornfield.	Kornfield, Jack, 1945-	2010	BQ5630.V5 K676 2010

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Meditation for beginners / Living Arts ; director/producer, Ted Landon ; written by Maritza, Ted Landon.		2006	BL627 .M43 2006
Meditation for optimum health / Andrew Weil, Jon Kabat-Zinn.	Weil, Andrew.	2001	BL627 .W45 2001
Meditation in a New York minute / Mark Thornton.	Thornton, Mark, meditation expert.	2006	BL627 .T467 2006
Meditation in a New York minute : super calm for the super busy / Mark Thornton.	Thornton, Mark, meditation expert.	2006	BL627 .T46 2006
Mindful nation : how a simple practice can help us reduce stress, improve performance, and recapture the American spirit / Congressman, Tim Ryan.	Ryan, Tim, 1973-	2013	RC489.M55 R93 2013
Mindfulness & professional responsibility : a guidebook for integrating mindfulness into the law school curriculum / Scott L. Rogers, Jan L. Jacobowitz.	Rogers, Scott L.	2012	KF287 .R63 2012
Mindfulness : six guided practices for awakening / Joseph Goldstein.	Goldstein, Joseph, 1944-	2013	BF637.M4 G65 2013
Mindfulness and judging / Jeremy D. Fogel.	Fogel, Jeremy, 1949-	2016	KF277.M56 F64 2016
Mindfulness for beginners / Jon Kabat-Zinn.	Kabat-Zinn, Jon	2006	BF637.M4 K2155 2006
Mindfulness for law students : using the power of mindful awareness to achieve balance and success in law school / Scott L. Rogers ; illustrations by Cathy Gibbs Thornton.	Rogers, Scott L.	2009	KF287 .R64 2009
Mindfulness in plain English / Bhante Henepola Gunaratana.	Gunaratana, Henepola, 1927-	2011	BQ5630.V5 G86 2011
Mindfulness meditation : nine guided practices to awaken presence and open your heart / Tara Brach, PhD.	Brach, Tara	2012	BQ5612 .B73 2012
Mindfulness meditations for anxiety : seven practices to reduce stress / Optimum Integral Wellness presents ; with Ira Israel, Psychotherapist.		2013	BV4832.3 .M5634 2013
Miracle of mindfulness : an introduction to the practice of meditation / Thich Nhat Hanh.	Nhà, Ìt Hài Ònh, Thich.	2012	BQ5618.V5 N4813 2012
Moral intelligence 2.0 : enhancing business performance and leadership success in turbulent times / Doug Lennick, Fred Kiel with Kathy Jordan.	Lennick, Doug	2011	HF5387 .L466 2011

TITLE	AUTHOR	YEAR	Call Number
Myths of happiness : what should make you happy but doesn't, what shouldn't make you happy but does / Sonja Lyubomirsky.	Lyubomirsky, Sonja.	2014	BF575.H27 L983 2014
Nothing special : living Zen / Charlotte Joko Beck ; edited by Steve Smith.	Beck, Charlotte Joko	1995	BQ9286.2 .B44 1995
Open mind, open heart : the contemplative dimension of the Gospel / Thomas Keating.	Keating, Thomas	2006	BV5091.C7 K42 2006
Path with heart : a guide through the perils and promises of spiritual life / Jack Kornfield.	Kornfield, Jack, 1945-	1993	BQ5660 .K67 1993
Peace is every step : the path of mindfulness in everyday life / Thích Nhất Hạnh ; edited by Arnold Kotler.	Nhà, Thích Nhất Hạnh, Thích	1992	BQ5410 .N46 1992
Peacemaking : practicing at the intersection of law and human conflict / Douglas Noll ; foreword by Howard Zehr.	Noll, Douglas, 1950-	2003	KF9084 .N655 2003
Power of mindful learning / Ellen J. Langer.	Langer, Ellen J., 1947-	1997	LB1060 .L35 1997
Power of now : a guide to spiritual enlightenment / Eckhart Tolle.	Tolle, Eckhart, 1948-	2004	BL624 .T64 2004
Radical acceptance : embracing your life with the heart of a Buddha / Tara Brach, Ph.D.	Brach, Tara	2004	BQ4360 .B63 2003
Radical acceptance : guided meditations / Tara Brach.	Brach, Tara	2007	BQ4360 .B633 2007
Radical self-acceptance / Tara Brach.	Brach, Tara	2000	BF575.S37 B796 2000
Real happiness at work : meditations for accomplishment, achievement, and peace / Sharon Salzberg.	Salzberg, Sharon	2013	HF5549.5.J63 S25 2014
Search inside yourself : the unexpected path to achieving success, happiness (and world peace) / Chade-Meng Tan ; illustrations by Colin Goh.	Tan, Chade-Meng	2012	BF576 .T36 2012
Seeking the heart of wisdom : the path of insight meditation / Joseph Goldstein & Jack Kornfield.	Goldstein, Joseph, 1944-	2001	BQ5612 .G643 2001
Self-compassion : stop beating yourself up and leave insecurity behind / Kristin Neff, Ph.D.	Neff, Kristin	2011	BF575.S37 N44 2011

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Siddhartha's brain : unlocking the ancient science of enlightenment / James Kingsland.	Kingsland, James	2016	BQ5612 .K563 2016
Six-minute solution : a mindfulness primer for lawyers / Scott L. Rogers ; illustrations by Cathy Gibbs Thornton.	Rogers, Scott L.	2009	KF300 .R57 2009
Social intelligence : the new science of human relationships / Daniel Goleman.	Goleman, Daniel	2007	HM1106 .G66 2007
Soul of the law / Benjamin Sells.	Sells, Benjamin	1994	K486 .S44 1994
Soul of the law / Benjamin Sells.	Sells, Benjamin	2014	K486 .S44 2014
Still forest pool : the insight meditation of Achaan Chah / compiled & edited by Jack Kornfield & Paul Breiter.	Phra Phoṭṭhiyaṇṇathelṇṇa (Chalṇṇ)	2012	BQ5650 .C45 2012
Stress management for lawyers : how to increase personal & professional satisfaction in the law / Amiram Elwork, Ph.D., Law-Psychology Graduate Program, Widener University ; with contributions by Mark R. Siwik, J.D., Risk International, Douglas B. Marlowe	Elwork, Amiram	2007	RA785 .E46 2007
Stress-proof your brain : meditations to rewire neural pathways for stress relief and unconditional happiness / Rick Hanson, PhD.	Hanson, Rick (Psychologist)	2010	BF575.S75 H26 2010
Tao te ching / Lao Tzu ; translated by Stephen Mitchell.	Laozi.	2013	BL1900.L26 E5 2009
Touching enlightenment : finding realization in the body / Reginald A. Ray, Ph.D.	Ray, Reginald A.	2008	BQ8938 .R339 2008
Train your mind, change your brain : how a new science reveals our extraordinary potential to transform ourselves / Sharon Begley.	Begley, Sharon, 1956-	2008	QP363.5 .B44 2008
Transforming practices : finding joy and satisfaction in the legal life / Steven Keeva.	Keeva, Steven	2009	K123 .K44 2009
Truth is a pathless land / J. Krishnamurti.	Krishnamurti, J. (Jiddu), 1895-1986.	2003	B5134.K753 T78 2003
Unlearning meditation : what to do when the instructions get in the way / Jason Siff.	Siff, Jason	2010	BQ5612 .S54 2010
Unplug : for an hour, a day, or a weekend / Sharon Salzberg.	Salzberg, Sharon	2007	BQ5612 .S26 2007

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Untethered soul : the journey beyond yourself / Michael A. Singer.	Singer, Michael A.	2007	BF311 .S5683 2007
Way of the peaceful warrior : a book that changes lives / Dan Millman.	Millman, Dan	2006	BL624 .M53 2006
Way things are : a living approach to Buddhism / Lama Ole Nydahl.	Nydahl, Ole	2011	BQ4012 .N93 2011
When things fall apart : heart advice for difficult times / Pema Chodrol.	Chodrol, Pema	2000	BQ5410 .C434 2000
Wherever you go, there you are : mindfulness meditation in everyday life / Jon Kabat-Zinn.	Kabat-Zinn, Jon	2005	BF637.M4 K23 2005
White collar Zen : using Zen principles to overcome obstacles and achieve your career goals / Steven Heine.	Heine, Steven, 1950-	2005	HD31 .H425 2005
Yoga for lawyers : mind-body techniques to feel better all the time / Hallie N. Love and Nathalie Martin.	Love, Hallie N. (Hallie Neuman), 1953-	2014	KF310.A43 L68 2014
Z.B.A., Zen of business administration : how Zen practice can transform your work and your life / by Marc Lesser.	Lesser, Marc, 1952-	2005	HD31 .L3844 2005
Zen in the art of archery / Eugen Herrigel ; with an introduction by D.T. Suzuki ; translated by R.F.C. Hull.	Herrigel, Eugen, 1884-1955	1999	GV1188.J3 H4713 1999
Zen mind, beginner's mind / Shunryu Suzuki ; edited by Trudy Dixon with a preface by Huston Smith, an introduction by Richard Baker and an afterword by David Chadwick.	Suzuki, Shunryu, 1904-1971	2011	BQ9288 .S994 2011
Zen of law school success / Chad Noreuil.	Noreuil, Chad	2011	KF283 .N67 2011
Zen of listening : mindful communication in the age of distraction / Rebecca Z. Shafir, M.A. CCC.	Shafir, Rebecca Z.	2013	BF323.L5 S53 2013
Zen of passing the bar exam / Chad Noreuil.	Noreuil, Chad	2011	KF303 .N673 2011
Zen path through depression.	Martin, Philip, 1955-	2000	BQ9288 .M36 2000