

Mindfulness Resources

Tools for Relaxation and Stress Management

Online Resources

- **Center for Mindfulness in Medicine, Health Care, and Society** – Learn more about Mindfulness-Based Stress Reduction (MBSR) and find a MBSR course near you.
www.umassmed.edu/cfm
- **Christopher Germer: Mindful Self-Compassion** – www.mindfulnesscompassion.org
- **Dharma Seed: Free Western Buddhist Vipassana Teachings** – www.dharmaseed.org
- **Inquiring Mind** – A helpful guide for finding a retreat center, meditation class, or group.
www.inquiringmind.com
- **Tara Brach** – A resource for meditation, emotional healing, and spiritual awakening.
www.tarabrach.com

Suggested Reading

- *Breath by Breath: The Liberating Practice of Insight Meditation*, by Larry Rosenberg
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*, by Jon Kabat-Zinn
- *Heal Thy Self: Lessons on Mindfulness in Medicine*, by Saki Santorelli
- *How to be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers*, by Toni Bernhard
- ***Insight Meditation Workbook***, by Sharon Salzberg and Joseph Goldstein (**highly recommended**)
- *Lovingkindness: The Revolutionary Art of Happiness*, by Sharon Salzberg
- *Mindfulness for Beginners: Reclaiming the Present Moment –and Your Life*, by Jon Kabat-Zinn
- ***Mindfulness in Plain English***, by Bhante Henepola Gunaratana (**highly recommended**)
- *Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life*, by Linda Carlson
- ***Radical Acceptance: Embracing Your Life with the Heart of a Buddha***, by Tara Brach (**highly recommended**)
- *Rituals of Healing: Using Imagery for Health and Wellness*, by Jeanne Achterberg and Barbara Dossey
- *Seeking the Health of Wisdom: The Path of Insight Meditation*, by Joseph Goldstein
- ***The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions***, by Christopher Germer (**highly recommended**)
- *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness*, by Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn

Adult Survivorship Program

a member of the LIVESTRONG Survivorship Center of Excellence Network

Apps for Smartphones and Tablet Devices

These apps are available free or at low cost from Google Play or the iTunes App Store.

- **Brain Wave**, by Banzai Labs
- **Dharma Seed**, by Dharma Seed
- **Headspace (on-the-go)**, by Headspace
- **Insight Timer: Meditation Timer**, by Spotlight Six Software
- **The Mindfulness App**, by MindApps
- **Mindfulness Meditation**, by Mental Workout Inc.
- **Pzizz Sleep** or **Pzizz SleepLite**, by Pzizz Technology Ltd.
- **Simply Being**, by Meditation Oasis
- **Universal Breathing: Pranayama Free**, by Saagara

Compact Discs

- **Creating Calm in Your Life**, by Rivka Simmons
- **Fatigue: Guided Imagery to Help Relieve Tiredness from Chemotherapy and Radiation Therapy**, by Belleruth Naparstek
- **From Fear to Fearlessness: Teachings on the Four Great Catalysts of Awakening**, by Pema Chödrön
- **General Wellness**, by Belleruth Naparstek
- **Guided Mindfulness Meditation**, by Jon Kabat-Zinn
- **Healthful Sleep**, by Belleruth Naparstek
- **Here for Now: Mindfulness Meditations**, by Elana Rosenbaum
- **Meditation for Beginners**, by Jack Kornfield
- **Radical Acceptance: Guided Meditations**, by Tara Brach

Many of the CDs and books listed here can be checked out at no cost from Dana-Farber's Eleanor and Maxwell Blum Patient and Family Resource Center (first floor of the Yawkey Center for Cancer Care) or from your local public library.

Still have questions?

For more information, visit www.dana-farber.org/survivor or contact the Adult Survivorship Program at **617-632-4LAD (Life After Diagnosis)** or dfci_adultsurvivors@dfci.harvard.edu.

Learn more about Dana-Farber's mindfulness resources at www.dana-farber.org/zakim. Or contact Dana-Farber's Zakim Center for Integrative Therapies directly at **617-632-3006** or zakim_center@dfci.harvard.edu.

This document is for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.