

MBSR Reading List

- *Full Catastrophe Living* by Jon Kabat-Zinn
- *Wherever You Go, There You Are* by Jon Kabat-Zinn
- *Everyday Blessings (Parenting and Mindfulness)* by Jon Kabat-Zinn
- *The Mindful Way Through Depression* de Williams, Teasdale, Segal and Kabat-Zinn
- *10% Happier* de Dan Harris
- *Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom* by Rick Hanson
- *The Places That Scare You* by Pema Chodron
- *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chödrön
- *Mindfulness in Plain English* by Bhante Henepola Gunaratana
- *Fully Present: The Science, Art, and Practice of Mindfulness* by Susan L. Smalley and Diana Winston
- *A Path With Heart* by Jack Kornfield
- *The Miracle of Mindfulness* by Thich Nhat Hanh
- *Loving Kindness: The Revolutionary Art of Happiness* by Sharon Salzberg
- *The Power of Now* by Eckart Tolle
- *Insight Meditation, The Practice of Freedom* by Joseph Goldstein

Liste de lecture MBSR

- *Au cœur de la tourmente la pleine conscience* de Jon Kabat Zinn
- *Où tu vas, tu es* de Jon Kabat-Zinn
- *Le cerveau de Bouddha : Bonheur, amour et sagesse au temps des neurosciences* de Rick Hanson
- *Plaidoyer pour le bonheur* de Matthieu Ricard
- *Conseils d'une amie pour des temps difficiles* de Pema Chodron