

## MINDFULNESS RESOURCES

### Books:

- Full Catastrophe Living:** *Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*, John Kabat-Zin
- The Mindful Revolution,** *Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life*, Edited by Barry Boyce
- Search Inside Yourself:** *The Unexpected Path To Achieving Success, Happiness (and World Peace)* Chade-Meng Tan
- 10% Happier,** *How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works*, Dan Harris
- A Mindful Nation,** *How a Simple Practice can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit*, Congressman Tim Ryan
- Finding the Space to Lead;** *A Practical Guide to Mindful Leadership*, Janice Marturano
- Lovingkindness:** *The Revolutionary Art of Happiness*, Sharon Salzberg

### Local Classes and Practice Groups:

Center for Spirituality and Healing, located at U. of MN

Mindfulness Based Stress Reduction (MBSR) with classes throughout the Twin Cities

- <http://www.csh.umn.edu/program-areas-section/mindfulness-based-stress-reduction/index.htm>
- MBSR is an 8-week, 9 session program that is open to the public with new sessions beginning quarterly.

Common Ground Meditation Center, located in Seward neighborhood in Minneapolis

- <http://www.commongroundmeditation.org/>
- Introduction to Mindfulness Meditation classes (six weeks) and workshops (half day) offered every quarter

Tergar Meditation Center / MN, located in downtown Minneapolis

- <http://tergar.org/resources/find-a-center-or-group/minneapolis-st-paul/> -
- A free [Introduction to Meditation](#) class is offered on the second Wednesday of every month, 7 - 8:30 PM.

Clouds in Water Meditation Center, located in downtown St. Paul

- <http://cloudsinwater.org/>
- A free [introduction to meditation](#) is offered every Sunday from 8:15 – 8:45 a.m.

MN Zen Center, located on Lake Calhoun in Minneapolis

- <http://www.mnzencenter.org/> Introduction to Zen class meets every Sunday from 10:00 – 11:00 a.m.
- Tuesday Night Gatherings take place every Tuesday 7:15 – 8:30 p.m.

House of Prayer, located near Loring Park in Minneapolis

- <http://ehouseofprayer.org/>,
- Christian Contemplative Practice, Mondays, 6:30-7:30 p.m.
- Orientation/Introduction: Mondays, 6-6:30 p.m.