Mindfulness for Administrators and Teachers:

A Bibliography of Resources

November 2015
*Annotations have been excerpted and/or adapted from descriptions provided by the publishers.

152.47 B821
Brantley, Jeffrey; Millstine, Wendy
**Daily meditations for calming your angry mind : mindfulness practices to free yourself from anger**
*Summary:* In this book Brantley details three different approaches, based in mindfulness and meditative perspectives, to take control of your anger and your life. Firstly, you will learn to disengage from your anger by pausing to be mindful when anger is happening. Secondly, you will discover ways to use meditative practices to cool your anger and nurture kindness and compassion towards yourself and others. And thirdly, you will find tips for practicing mindfulness to transform your understanding and realize your anger is not an identity, a defect, or a permanent condition. These three practical and easy-to-use approaches to anger management have a strong basis in both ancient and modern traditions. With this book as your guide, you can finally overcome the tumultuous thoughts, feelings, and reactions that have been holding you back in life.
*Subjects:* Meditation. Anger.

152.47 S697
Somov, Pavel
**Anger management jumpstart : a 4-session mindfulness path to compassion and change**
*Summary:* This book is a brief, field-tested clinical curriculum for breaking the impasse of chronic anger (either for a clinician or a self-helper). This solution-focused approach introduces four core mindfulness-powered change modalities: Impulse Control Training, Choice Awareness Training, Symbolic Threat Inoculation, and Somatic Emotional Self-regulation Training.
*Subjects:* Conflict management. Anger. Anger Treatment.

158.1 S571
Siegel, Daniel J.
**Mindsight : the new science of personal transformation**
*Summary:* This book offers exciting new proof that people aren't hardwired to behave in certain ways, but instead have the ability to harness the power of their minds to resculpt the neural pathways of their brains.
*Subjects:* Mind and body therapies. Mind and body. Mindfulness-based cognitive therapy.

158.12 A469
Altman, Donald
**The mindfulness toolbox : 50 practical mindfulness tips, tools, and handouts for anxiety, depression, stress, and pain**
158.12 B667
Bodian, Stephan
**Meditation for dummies**
*Summary:* This book offers the opportunity to learn and to explore effective meditation techniques, to develop your own meditation practice, to meditate for stress reduction, spiritual growth, and enhanced health and well-being.

158.12 B796
Brach, Tara
**Mindfulness meditation: nine guided practices to awaken presence and open your heart [CD]**
*Summary:* Brach teaches people to find the tools to walk the path of mindful awareness and connect with their innate capacity for love, clarity, and inner peace.
*Subjects:* Mental health. Meditation.

158.12 G996
Gyatso, Kelsang
**Meditations for relaxation: three guided meditations to relax body and mind [CD]**
Toronto, ON: Tharpa, 2014.
*Summary:* This CD features simple meditations for daily life from the Buddhist tradition.

158.12 N195
Naparstek, Belleruth
**Guided imagery mix: six brief meditations for mind, body & spirit [CD]**
*Summary:* This mix of six brief guided imagery segments was re-engineered and remixed from favorite titles into self-contained clips, to provide quick access to a relaxed, healing mind state - especially useful when time is short. It includes imagery for Favorite Place, Sitting in the Seat of the Heart, Surrounded by Protection, Walking Meditation, Settling into the Body and Affirmations for Healing the Heart.
*Subjects:* Mind and body. Relaxation. Meditation.

158.12 S634
Sluyter, Dean
**Natural meditation: a guide to effortless meditative practice**
*Subjects:* Meditation.

158.7 G318
Gelles, David
**Mindful work: how meditation is changing business from the inside out**

Summary: This book explains how such mindfulness practices as meditation and yoga have helped lower stress and increase mental focus for employees, and offers real-world examples of how mindfulness has benefited large corporations.


158.72 E16
Eblin, Scott
Overworked and overwhelmed: the mindfulness alternative

Summary: Leverage mindful awareness and intention to achieve better outcomes. This book offers practical insights for the executive, manager or professional who feels like their RPM is maxed out in the red zone. By making the concepts and practices of mindfulness simple, practical and applicable, this book offers hope for today's overworked and overwhelmed professional. New research shows that the smartphone equipped professional is connected to work 72 hours a week. Forty-eight percent of Americans report that their stress level is up and that the number one source of stress is the job pressure of a 24/7 world. What's the alternative?


204 B369
Beattie, Melody
The language of letting go journal: a meditation book and journal for daily reflection


204.35 M648
Miller, John P.
The contemplative practitioner: meditation in education and the workplace
Toronto, ON: University of Toronto Press, 2014.


294.34435 M664
Boyce, Barry Campbell, Ed.
The mindfulness revolution: leading psychologists, scientists, artists, and meditation teachers on the power of mindfulness in daily life

Summary: A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health. Countless people who have tried it say it's improved their quality of life. Simply put, mindfulness is the practice of paying steady and full attention, without judgment or criticism, to our moment-to-moment experience. Here is a collection of the best writing on what mindfulness is, why we should practice it, and how to apply it in daily life, from leading figures in the field.


294.34435 T871
Trungpa, Chögyam
Mindfulness in action: making friends with yourself through meditation and everyday awareness
Subjects: Meditation • Buddhism.

294.3444 H251
Hanson, Rick
Just one thing: developing a Buddha brain one simple practice at a time
This guide offers simple things you can do routinely, mainly inside your mind, that will support and increase your sense of security and worth, resilience, effectiveness, well-being, insight, and inner peace. For example, they include: taking in the good, protecting your brain, feeling safer, relaxing anxiety about imperfection, not knowing, enjoying your hands, taking refuge, and filling the hole in your heart.

294.3444 R584
Rinzler, Lodro
The Buddha walks into the office: a guide to livelihood for a new generation
Subjects: Business • Religious aspects • Buddhism. Interpersonal relationships • Religious aspects • Buddhism. Quality of work life. Spiritual life • Buddhism.

294.5435 P961
Pritz, Alan L.
Meditation as a way of life: philosophy and practice rooted in the teachings of Paramahansa Yogananda

294.5436 I97
Iyengar, B.K.S.
The tree of yoga
Subjects: Yoga.

362.25 M663
Williams, J. Mark G., Ed.
The mindful way through depression
Summary: This book explains why our usual attempts to "think" our way out of a bad mood, or just "snap out of it," lead us deeper into the downward spiral. Through lessons drawn from both Eastern meditative traditions and cognitive therapy, the authors demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, to face life's challenges with greater resilience.
Subjects: Depression, Mental. Happiness. Attention.

370.1523 S775
Srinivasan, Meena
Teach, breathe, learn

371.10019 L911
Lovewell, Kathryn
Every teacher matters: inspiring well-being through mindfulness
Summary: Why is it that so little investment is made in supporting teachers to ensure they can sustain effective teaching and learning in the classroom? What if we were to invest time and energy back into the core of education, the teachers? This title offers a hand to guide teachers - and through them, their students, back to their hearts.

371.102 D251
David, Deborah Schoeberlein; Sheth, Suki
Mindfulness teaching and teaching mindfulness: a guide for anyone who teaches anything
Summary: Author Deborah Schoeberlein pioneers the practical application of mindfulness in education. By showing teachers how to tune into what's happening inside and around them, she offers fresh, straightforward approaches to training attention and generating caring, both in and outside of the classroom. This book emphasizes how the teacher's personal familiarity with mindfulness plants the seed for an education infused with attention, awareness, kindness, empathy, compassion, and gratitude. The book follows a teacher from morning to night on a typical school day, at home, during the commute, and before, during, and after class. This book is perfect for teachers of all kinds: schoolteachers, religious educators, coaches, parents, anyone who teaches anything.

371.102 J54
Jennings, Patricia A.
Mindfulness for teachers: simple skills for peace and productivity in the classroom
Summary: Mindful awareness practices help teachers recognize and regulate emotional reactivity in their classrooms. Teaching is one of the most rewarding professions, but also one of the most demanding. This book offers simple, ready-to-use, and evidence-proven mindfulness techniques to help educators manage the stresses of the classroom, cultivate an exceptional learning environment, and revitalize both their teaching and their students' knowledge acquisition. Drawing on basic and applied research in the fields of neuroscience, psychology, and education, as well as the author's extensive experience as a mindfulness practitioner, teacher, and
scientist, it includes exercises in mindfulness, emotional awareness, movement, listening, and more, all with real-time classroom applications.


371.2011 B881
Brown, Valerie; Olson, Kirsten
The mindful school leader: practices to transform your leadership and school

612.8 S571
Siegel, Daniel J.
The mindful brain: reflection and attunement in the cultivation of well-being

Summary: Over the last twenty years, there has been growing attention in the Western world to mindfulness, or paying attention to life in the present moment. Here, the author investigates the phenomenon of mindfulness as it impacts our daily lives, offering readers insight into personal relationships, emotional behaviour, parenting, and work.


612.82 B417
Begley, Sharon
Train your brain, change your brain: how a new science reveals our extraordinary potential to transform ourselves

Summary: A study of the new science of neuroplasticity explains how the brain can be physically altered to regain the use of limbs disabled by a stroke, recover from depression, reverse age-related changes, and acquire new skills even in old age.


613.7046 A784
The art of yoga [kit]

Subjects: Yoga, Hatha.

613.7046 S851
Stewart, Mary
Yoga over 50: the way to vitality, health, and energy in the prime of life


613.792 B978
Bush, Ashley Davis
Shortcuts to inner peace: 70 simple paths to everyday serenity
Summary: The author helps readers learn how to hit the pause button amidst the chaos with a spirit of mindfulness, linking fast, easy, and restorative respite to ordinary everyday activities. Once people begin to integrate these shortcuts into their daily lives, they begin to happen automatically. And when that happens, inner peace will no longer be a brief state of mind, but a way of life.
Subjects: Relaxation. Peace of mind.

615.852 D182
Dang Nghiem, Sister
Mindfulness as medicine: a story of healing body and spirit

Materials in the Information File


