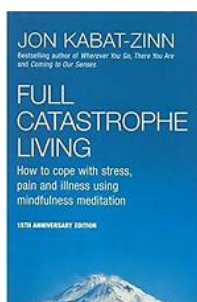


Learning Hub



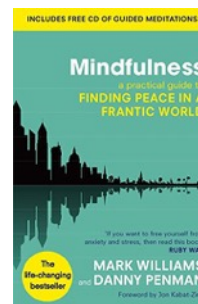
More on Mindfulness

There is a vast range of books which will support your ongoing explorations in the use of mindfulness, which has been shown to reduce stress and promote mental wellbeing. We particularly recommend:



Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness by Jon Kabat-Zinn, published by Piatkus. This book very helpfully details the use of mindfulness meditation to deal with the physical and mental effects of stress and illness.

Finding Peace in a Frantic World by Mark Williams and Danny Penman, published by Piatkus. This is a beautifully accessible book which talks you through an eight-week course and is specifically designed for people in the midst of full lives. The book includes a CD with brief practices.



Mindfulness Audio Tracks of guided practices are available for free to download from Bangor University's Centre for Mindfulness Research and Practice website:
<http://www.bangor.ac.uk/mindfulness/audio/index.php.en>

There is also a wide range of mobile phone apps that can help you to develop a regular meditation habit:

