

## Recommended Books on Meditation

compiled by Olivia Walling for Penn's Village, Holistic & Integrative Medicine Panel Program

### Works that focus on discomfort with loving kindness:

Pema Chodron, *Comfortable with Uncertainty: 108 Teachings* (uses traditional Tibetan teachings and training meditations to cultivate an undefended heart)

Pema Chodron, *When Things Fall Apart: Heart Advice for Difficult Times* (essays that address difficulty with traditional Tibetan teachings)

Tara Brach, *Radical Acceptance: Embracing Your Life with the Heart of the Buddha* (primarily a popular psychology book that uses guided meditations to address problems identified through the lens of psychology)

Sharon Salzberg, *Loving-Kindness: The Revolutionary Art of Happiness* (uses vipassana tradition in a series of guided meditations with explanations to develop compassion for self and others)

### General works on Buddhist teachings and meditation and/or contemplative work:

Arinna Weisman, *The Beginner's Guide to Insight Meditation* (title is somewhat misleading as the work is a basic introduction to primary Buddhist teachings by an authorized vipassana teacher, does include detailed meditation instruction, and definitely, it's the best explanation of Buddhism out there)

Jon Kabat-Zinn, *Wherever You Go There You Are: Mindfulness Meditation in Everyday Life* (short, 1 to 2-page, readings on aspects of mindfulness in daily life)

### Specific topics:

Jan Chozen Bays, *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food* (written by my former teacher, the Abbot of Great Vow Zen Monastery, who is also an MD and consists of a structured program for learning to have a healthy relationship with food)

### Mindfulness:

Robert Meikyo Rosenbaum and Barry Magid, eds., *What's Wrong with Mindfulness (and What Isn't)* (essays that explain what mindfulness is and what to avoid in popularized mindfulness movements and practices)