RESOURCES FOR FUTHER EXPLORATION

**Books:**

Brach, T. (2003) *Radical Acceptance: Embracing your life with the heart of a Buddha,*  New York: Bantum

Brown, B. (2010) *The Gifts of Imperfection.* Center City, MN: Hazelden.

Brown, B. (2012) *Daring Greatly.* New York: Penguin

Chodron, P. (1997) *When Things Fall Apart: Heart Advice for Difficult Times,* Boston: Shambala

Chodron, P. (2005) *Start Where you are: How to Accept yourself and Others.* London: Element/HarperCollins

Dalai Lama. (1995) *The power of Compassion.* New York: HarperCollins

Garvey, J. & Johnston, K. (2015) *Simple Habits for Complex Times*, California: Stanford University Press

Garvey, J. & Coughlin, C. (2022) *Unleash Your Complexity Genius*: California: Stanford University Press

Neff, K. & Germer, C (2018) *The Mindful Self-Compassion Workbook,* New York, Guilford Press

Kabat-Zinn, J. (1990) *Full Catastrophe Living*. New York: Dell.

Neff, K. (2001) *Self Compassion: The proven power of being kind to yourself.* New York:William Morrow.

**Other Resources**

[Center for Compassion and Altruism Research and Education, Stanford Medicine](http://ccare.stanford.edu/)

[Center for Healthy Mind, University of Wisconsin-Madison](https://centerhealthyminds.org/)

[Center for Mindfulness and Compassion, Cambridge Health Alliance, Harvard Medical School Teaching Hospital](https://www.chacmc.org/?utm_source=yxt&utm_medium=search)

[Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School](https://www.ummhealth.org/center-mindfulness)

[Cognitively-Based Compassion Training, Emory University](https://compassion.emory.edu/cbct-compassion-training/)

[Compassion Focused Therapy, Compassionate Mind Foundation](https://compassion.emory.edu/cbct-compassion-training/)

[Cultivating Leadership](https://www.cultivatingleadership.com/team-member/jennifer-garvey-berger); <https://themeadow.space/>

[Greater Good Magazine, Greater Good Science Center at UC Berkely](https://greatergood.berkeley.edu/)

[Institute for Meditation and Psychotherapy](https://meditationandpsychotherapy.org/)

[Mindfulness-Based Cognitive Therapy](https://www.mbct.com/)