**Mindfulness Information**

Mindfulness Centre website (University of Wales Bangor)

<http://www.bangor.ac.uk.mindfulness>

[www.mbct.co.uk](http://www.mbct.co.uk)

[www.mbct.com](http://www.mbct.com)

**Book List**

* Williams, Mark; Teasdale, John; Segal, Zindel; and Kabat-Zinn, Jon (2007) The Mindful Way through Depression
* Kabat-Zinn, Jon (2005) Coming to Our Senses – healing ourselves and the World through Mindfulness
* Segal, Zindel; Williams, Mark; Teasdale, John (2002) Mindfulness – Based Cognitive Therapy for Depression
* Santorelli, S (1999) Heal Thyself – lessons on Mindfulness in medicine
* Kabat-Zinn, Jon (1994) Mindfulness Meditations in Everyday Life
* T. Nhat Hanh (1991) The Miracle of Mindfulness
* Kabat – Zinn, Jon (1990) Full Catastrophe Living

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