

Mindfulness and Mindfulness-based Cognitive Therapy Resources

I am often asked, “**Where do I find the best mindfulness and mindfulness-based cognitive therapy (MBCT) book / website / app?**” “**What is some of the most important research?**” “*I’d like to learn more about mindfulness / MBCT, but I don’t know where to start.*” This listing is intended to signpost to books, research articles, websites and other mindfulness resources. It is organised into different sections and different sections will be of interest to different groups of people. There is no intention to be definitive nor comprehensive; these are resources I am aware of that I recommend. That being said, in an exponentially growing field, each time I update it, it gets longer. Please use the Table of Contents or 🔍 to find what you’re looking for.

To keep up-to-date with new publications in the field of mindfulness, consult Mindfulness Research Monthly, a web-based service from the American Mindfulness Research Association (<https://goamra.org>) that provides researchers and practitioners with monthly publication updates in mindfulness research and practice. Or use [Google Scholar](#) with appropriate 🔍 search terms

What’s new? I use my LinkedIn to disseminate research from our group as well as other key noteworthy resources. I use Instagram and Facebook to communicate with those interested in our work more widely.

I hope this resource proves helpful to you.

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This is a living document (last updated August 2025), if you have any suggestions, do get in touch.

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Learning Mindfulness

Can you suggest one book / one website / one app where I can learn more about mindfulness and MBCT?

This is a hard question, but with all the caveats (this is my perspective, there are numerous great resources and there is no one size fits all) ...

Books

Kuyken, (2024). Mindfulness for Life. New York: Guilford Press.

... and its associated website <https://bit.ly/MindfulnessforLife>

General Mindfulness Website: mindful.org

One app: I suggest reading [this review](#) and making up your own mind, but add Headspace and Plum Village to this list.

The following are general resources if you are new to mindfulness and MBCT and want to learn more.

What about a longer list of books and websites?

Books

Feldman, C. (1998). *Meditation plain and simple*. Harper Collins.

Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. London: Piatkus. Highly engaging and accessible introduction to mindfulness.

Williams, M. & Penman, D. (2011). *Mindfulness: A practical guide to finding peace in a frantic world*. London: Piatkus. (Face-to-face version developed by Mark Williams and Chris Cullen.) Includes free CD with guided meditations; based around MBCT but not the full MBCT programme as in the Mindful Way through depression above).

Goleman, D., & Davidson, R. J. (2017). *Altered traits: Science reveals how meditation changes your mind, brain and body*. New York: Avery Publishing Group. More of a popular science book than a mindfulness guide as such.

Apps

There is a June 2019 review of the best free apps at mindful.org, see here:

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

and the New York Times even has a recent recommendation of its choice of four best apps [here](#).

The OxfordMBCT app is based on MBCT: see

<https://www.oxfordmindfulness.org/oxford-mindfulness-app/>

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

I would add to this list Headspace and Plum Village. Headspace has developed content for health care staff and school teachers. These apps are not all fully free, some offer a free trial period, or quite limited access to some free resources. Some, like Insight Timer, are really inclusive which means anyone can upload content. This means you need to make your own choices about which teachers to select from what can seem a bewilderingly large choice. See finding a teacher below for my recommendations of teachers I know and whose teaching I recommend.

Websites

[Mindful.org](https://www.mindful.org) is a popular resource for the general public. It includes guidance on getting started with a mindfulness practice and articles about the science of mindfulness and mindfulness-based programs.

Jon Kabat-Zinn has a website with a lot of excellent content: <https://jonkabat-zinn.com>

The Oxford Mindfulness Foundation has a website for the public - <http://oxfordmindfulness.org/> and they offer mindfulness classes online and in person.

AccessMBCT. Searchable international directory of MBCT training organizations and teachers: <https://www.accessmbct.com>

Implementation resources based on findings of the ASPIRE project: <http://www.implementing-mbct.com>

The most popular and well used free mainstream mindfulness apps are reviewed here: <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention>. The OxfordMBCT app is based on MBCT: see <http://oxfordmindfulness.org/news/oxford-mbct-app/>

Oxford Mindfulness Foundation: <http://oxfordmindfulness.org/>

The UK Mindfulness Teachers Network: <http://mindfulnessteachersuk.org.uk/>; including UK good practice guidelines for those wishing to teach mindfulness based courses:

<http://mindfulnessteachersuk.org.uk/pdf/teacher-guidelines.pdf>; and for those wanting to train mindfulness teachers: <http://mindfulnessteachersuk.org.uk/pdf/teacher-trainers-guidelines.pdf>

Latest version of the Mindfulness-Based Interventions–Teaching Assessment Criteria (MBI-TAC): <https://www.bangor.ac.uk/mindfulness/MBITAC.php.en>

Report by the Mindfulness All-Party Parliamentary Group:

http://www.themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf

Mindfulness Research Monthly, a web-based service from the American Mindfulness Research Association that provides researchers and practitioners with monthly publication updates in mindfulness research: <https://goamra.org/publications/mindfulness-research-monthly/>

Mindfulness Network. Charity offering supervision, mentoring and retreats for MBCT teachers and more: <https://www.mindfulness-network.org>

Mindfulness-Based Cognitive Therapy (MBCT) homepage: <http://www.mbct.co.uk>

Sussex Mindfulness Centre: <https://www.sussexpartnership.nhs.uk/mindfulness>

Mindfulness Center at Brown University.

<https://www.brown.edu/academics/public-health/research/mindfulness/>

Thich Nhat Hahn Center for Mindfulness in Public Health at Harvard University

<https://www.mindfulpublichealth.org/>

Breathworks. An organisation that draws on MBSR to work with people who suffer pain and chronic illness: <https://www.breathworks-mindfulness.org.uk>

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

East Coast Mindfulness. A center offering MBSR, retreats and other offers with experienced teachers Rebecca Eldridge and Margaret Fletcher. <https://www.eastcoastmindfulness.com>

Mindful Birthing – Nancy Bardacke’s website - Programs for Mindful Family Living:
<http://www.mindfulbirthing.org/>

University of Massachusetts (UMASS) Memorial Health Center for Mindfulness:
<https://www.ummhealth.org/center-mindfulness>

University of Bangor, Wales; training in mindfulness-based approaches to healthcare, up to MA/MSc: <http://www.bangor.ac.uk/mindfulness>

University of Exeter, UK; Mindfulness-Based Cognitive Therapies and Approaches
<http://cedar.exeter.ac.uk/programmes/pgdipptpmcibt/>

For tapes/CDs of meditation practices recorded by Jon Kabat-Zinn:
<http://www.stressreductiontapes.com>

What about podcasts, can you suggest good podcasts that include mindfulness?

There are many excellent podcasts, these are just a few that may be of interest.

Ten percent happier with Dan Harris, author of 10% Happier. Interviews with meditation teachers, scientists, and celebrities.

[Ten Percent Happier with Dan Harris Podcast Series](#)

Mindfulness Sessions and Podcasts from the Oxford Mindfulness Foundation:

<https://podcasts.apple.com/gb/podcast/mindfulness-sessions-podcasts/id1506362828> The

Shannon Harvey podcast -

<https://podcasts.apple.com/gb/podcast/the-shannon-harvey-podcast/id1519918190>

The mindfulness podcast with David Black <https://goamra.org/Podcast>

Mind and Life - contemplative traditions, and modern science

<https://podcasts.apple.com/gb/podcast/mind-life/id1504112670?i=1000658879619>

Untangle - “Mindfulness for curious humans”

<https://podcasts.apple.com/gb/podcast/untangle/id1073460738>

The trauma-sensitive mindfulness podcast <https://davidtreleaven.com/podcast/>

The Mindfulness Voyage with Ted Meissner - interviews with mindfulness teachers and researchers

<https://mindfulness.voyage/>

On Being with Krista Tippett

Although broader in scope, this podcast often features discussions on mindfulness, meditation, and contemplative practices.

<https://onbeing.org/series/podcast/>

Many mindfulness teachers, also have their own podcasts, for example Tara Brach and Sharon Salzberg.

What about poetry, can you suggest poetry?

Poetry is very personal, and what resonates for one person, will leave another stone cold. But mindfulness teachers often use some of the poems listed below. An online search will yield copies of most of them. If poetry speaks to you, you'll find the poems that resonate for you, and that may well change over time.

All You Ever Longed For by Dana Faulds

Always We Hope by Lao Tsu

Autobiography in Five Short Chapters by Portia Nelson

Beyond the Bend in the Road by Fernando Pessoa

Birdwings by Rumi

Enough by David Whyte

Forget about Enlightenment by John Welwood

Go Among Trees and Sit Still by Wendell Berry

How Surely Gravity's Law by Raine Maria Rilka

Hokusai Says by Roger S Keyes

If You Can Sit Through Difficult News by Jack Kornfield

If I Had My Life to Live Over by Nadine Stair

If You Would Grow - Shine the Light Of Loving Self-Care On Yourself by Daniel Mead

Keeping Quiet by Pablo Neruda

Listen anon

Lost by David Wagoner

Love After Love by Derek Walcott

Nothing Like This Moment by Ed Brown

Tasting Mindfulness by Jon Kabat-Zinn

The Life of a Day by Tom Hennen

The Peace of Wild Things by Wendell Berry

The Pith Instruction by Pema Chodron

The Summer Day by Mary Oliver

Walk Slowly by Donna Faulds

Wild Geese by Mary Oliver

Equality, Diversity and Inclusion

Mindfulness and MBCT should be inclusive and accessible to diverse populations and in all languages. Throughout history mindfulness has evolved and transfigured, as it moved from India, to China, Korea, across Asia and more recently to Western settings. When I was learning about the origins of Buddhism I was taught that the Buddha was radical in making his teaching accessible to all, regardless of gender, caste and religious background. All that being said, there is widespread agreement that there is much work to do to make mindfulness-based interventions accessible, inclusive and effective for all.

A good starting point is the Mindfulness Network, that [introduces some of the issues and signposts key reading and resources](#).

A recent international conference entitled [Mindfulness in a Changing World](#) majored on this topic and the conference organisers have made many of the talks, workshops and resources available. This conference walked the talk in including the people who can provide leadership in this area.

Jon Kabat-Zinn recently published a series of books, revisiting his seminal early writing, that includes [Mindfulness for All: The Wisdom to Transform the World](#) that touches on themes of inclusion. He takes an interesting perspective on non-duality.

[Mindful.org](#) regularly publishes articles that explore the connections between mindfulness, racial justice, and social equity.

The Mindfulness Initiative has also curated some [resources for teachers](#).

Kamilah Majied *Joyfully Just*

Rhonda Magee *The Inner Work of Racial Justice*.

Peer2peer mindfulness has found a way to make mindfulness courses accessible to adults and children by making them free - <https://www.peer2peer-mindfulness.co.uk/>

Finally, this space is evolving fast, and this is only a small sample of some of the innovative and important work in this area.

Finding a Mindfulness-based Cognitive Therapy Teacher

For many people attending a mindfulness course is helpful, and for some it is transformational. You can find an MBCT teacher via the international directory AccessMBCT, see here: <https://www.accessmbct.com>. Teachers trained at the University of Oxford and by the Oxford Mindfulness Foundation are listed [here](#).

There are other directories of mindfulness teachers, but this is the one I recommend for MBCT teachers.

Finding a Meditation Teacher

I would recommend the following teachers, who are not only meditation teachers but also have an excellent understanding of MBCT and mindfulness taught in secular settings: Tara Brach, Rebecca Crane, Chris Cullen, Jake Dartington, Alison Evans, Christina Feldman, Gil Fronsedale, Joseph Goldstein, Jack Kornfeld, Brigitte O'Neill, Jaya Rudgard and Oren Jay Sofer. Please note, these teachers draw on ancient wisdom and practices derived from Buddhism. Many of them have talks and practices available online and also teach at various centres around the world. Many of them also feature on the Insight Timer app.

Finding a Retreat Centre

Each mindfulness retreat centre has its own ethos, approach and level of support. Take care to ensure this aligns with what you're looking for; discuss with a mindfulness teacher who you trust and respect, if necessary to make sure the retreat centre and teacher are a good fit for you.

[The Mindfulness Network](#), offers retreats for MBP teachers that aspire to be secular. This group also offer support of personal mindfulness practice]

Insight Meditation Center, Barre, MA, USA. <https://www.dharma.org>

Gaia House Retreats, Devon, UK <https://gaiahouse.co.uk>

Spirit Rock, West coast, USA. <https://www.spiritrock.org>

Plum Village, France. <https://plumvillage.org>

A final word about learning mindfulness. Mindfulness is not a panacea. It is not for everyone, and there are times in life when other approaches might be better. If it is not for you, that's fine, there are many approaches to developing our well-being. If you're considering learning mindfulness, especially when you're new to it, make sure you use a trustworthy, evidence-based approach and above all trust your own experience. If something is helpful then continue, if you're not sure or something is unhelpful step back from it. In these cases maybe ask for some advice or talk through your experience with a good MBCT teacher.

If you're experiencing mental health problems or distress consider these [WHO resources](#), these [Mind](#) not-for-profit charity resources, these [UK NHS resources](#), or this USA [healthline](#). Most mental health problems are treatable and your primary care doctor and these websites are a good place to start.

Mindfulness (-based Cognitive Therapy) for Life

An average life, around the world as of 2020, lasts 72 years, 4,000 weeks, or 26,000 days. What does it mean to live well? To be the change we want to see in the world. Mindfulness offers the keys to unlock a life well lived, to being the change we desire, to living in alignment with our values, amidst life's inevitable challenges. It can cultivate clarity, balance, and wisdom, enabling us to align our actions and values. We learn not only to live with awareness and purpose, but also navigate the everyday. More than this, it is a call to action, a reminder that each moment holds the potential for change, growth, and connection, and to rise to the challenges we're all facing in the 21st century.

I wrote the book *Mindfulness for Life* for anyone interested in living well. *Mindfulness, Ancient Wisdom Meets Modern Psychology*, written with Christina Feldman brings together Buddhist and modern psychology to provide the background and sources to anyone learning or teaching mindfulness. Finally, I am writing, with Paul Bernard and Ruth Baer, a manual for anyone wishing to teach these courses - *Mindfulness-based Cognitive Therapy for Life: A Teachers Guide*. It will be published in 2025.

Mindfulness for Life can be learned via three courses, that take you on a journey starting from being introduced to mindfulness through to a deep and lasting relationship with mindfulness.

The evidence base is in its early stages, but so far these studies suggest promising evidence of acceptability, effectiveness and that these curricula work through their hypothesised mechanisms:

Maloney, S., Montero-Marin, J., & Kuyken, W. (2023). Pathways to mental well-being for graduates of mindfulness-based cognitive therapy (MBCT) and mindfulness-based stress reduction (MBSR): A mediation analysis of an RCT. *Psychotherapy Research*.

<https://doi.org/10.1080/10503307.2023.2269299>

Maloney, S., Montero-Marin, J., & Kuyken, W. (2024b). Mindfulness-based cognitive therapy—Taking it further (MBCT-TiF) compared to ongoing mindfulness practice (OMP) in the promotion of well-being and mental health: A randomised controlled trial with graduates of MBCT and MBSR. *Behaviour Research and Therapy*.

<https://doi.org/https://doi.org/10.1016/j.brat.2024.104478>

Strauss, C., Gu, J., Montero-Marin, J., Whittington, A., Chapman, C., Kuyken, W. (2018). Reducing stress and promoting well-being in healthcare workers using mindfulness-based cognitive therapy for life. *International Journal of Clinical and Health Psychology*, 21. doi.org [oi.org/10.1016/j.ijchp.2021.100227](https://doi.org/10.1016/j.ijchp.2021.100227)

Introduction to Mindfulness Course

This course is to help people make sense of and navigate their lives by learning some practical skills. It is based on ancient wisdom and modern psychology and intended to be accessible to all. The course is made up of three one-hour sessions, which like building blocks build on one another. Participants are supported with written materials, brief mindfulness practices and ways to integrate what is learned into everyday life. It can start to help people answer such questions as:

- How can I integrate mindfulness into my life and live well?
- What changes do I hope to see in the world? How can I create the kind of life and world I aspire to?

More details [here](#).

Mindfulness for Life 8-Session Course

The Mindfulness for Life programme offers mindfulness practices and cognitive-behavioural techniques in ways that are intended to be accessible to all. It guides participants in how to apply this learning in everyday life both to manage what is painful and difficult but also to cultivate qualities such as compassion and equanimity. It offers a different way of living that supports people to work with challenges, including recurring patterns of thought and behaviour that create suffering, but also to flourish. Mindfulness for Life is an in-depth 8 session programme intended to cultivate lasting and sustainable change.

More details [here](#).

Mindfulness Taking It Further: To Extend and Deepen Learning.

“It changed me in just about every way possible; but what can I do next?”

This quote is not untypical of what people say following a Mindfulness-based Programme. What does happen next? What sustains people beyond the programmes? How can we help people maintain their mindfulness practice? How can we support people to live with greater wisdom, balance and responsiveness in the myriad different moments of their real lives? Many people graduating an 8-week programme would like to continue what they have started. This new programme is for graduates of 8-week mindfulness programmes to:

- Reinforce and deepen their mindfulness practice.
- Deepen and broaden the learning of the key themes from the 8-week curriculum
- Support participants in applying all that is learned in their lives, in ways that are consonant with their values.
- Provide a shared community of practice.
- Develop participants' capacity and confidence to deepen and extend learning independently.

It comprises twelve themes. Examples of the themes are: attention!; inhabiting our bodies; appreciating the life you have; how can I best take care of myself and others?; cool head, warm heart: the art of balance and equanimity and; being the change you'd like to see in the world.

This programme is offered in several different formats (weekly over 12 weeks, in smaller blocks such as 2 x 6 weekly sessions, monthly over a year, or in blocks of residential retreats).

More details [here](#).

Many MBCT teachers offer other follow-on courses to support the ongoing practice of people who have completed their courses. For example, Mark Williams and Danny Penman have developed a curriculum, Deeper Mindfulness. More details [here](#).

Mindfulness-based Cognitive Therapy (MBCT) manuals

Original MBCT for Depression Teacher Manual

Segal, Z.V., Williams, J.M.G. & Teasdale, J.D. (2013). Mindfulness-based cognitive therapy for depression. (2nd ed.). New York: Guilford Press. [MBCT Professionals Manual - New revised edition]

Brief overview - Crane, R. (2017). Mindfulness-Based Cognitive Therapy. London: Routledge.
Perspectives on mindfulness as a confluence of Buddhist and modern psychology:

Feldman, C. & Kuyken, W. (2019). *Mindfulness: Ancient Wisdom Meets Modern Psychology*. New York: Guilford Press.

Additional MBCT adaptations

Bartley, T. (2012). *Mindfulness-based cognitive therapy for cancer*. London: Wiley.

Cullen, C. Penman, D. & Williams. *Mindfulness: Finding peace in a frantic world*. Oxford, University of Oxford.

Didonna, F. (2020). *Mindfulness-based cognitive therapy for Obsessive Compulsive Disorder*. New York: Guilford Press.

McManus, F., Surawy, C., Muse, K., Vazquez-Montes, M., Williams, J. Mark G. (2012). A randomized clinical trial of mindfulness-based cognitive therapy versus unrestricted services for health anxiety (hypochondriasis). *Journal of Consulting and Clinical Psychology*, 80(5), 817-828. <http://dx.doi.org/10.1037/a0028782>

Mindfulness in Schools .b and PawsB curricula, see: <http://mindfulnessinschools.org/>

Williams, J.M.G., Fennell, M., Barnhofer, T., Crane, R. & Silverton, S. (2015). *Mindfulness and the transformation of despair: Working with people at risk of suicide*. New York: Guildford.

Self-help MBCT

Baer, R. A. (2014). *Practising happiness: how mindfulness can free you from psychological traps and help you build the life you want*. London: Constable and Robinson.

Teasdale, J.D., Williams, J.M.G. & Segal, Z.V. (2014). *The mindful way workbook: An 8-week program to free yourself from depression and emotional distress*. New York: Guildford. (Includes free CD and downloads of guided meditations).

Williams, J.M.G., Segal, Z.V., Teasdale, J.D. & Kabat-Zinn, J. (2007). *The mindful way through depression: Freeing yourself from chronic unhappiness*. New York: Guildford. (Includes free CD with guided meditations).

Williams, M. & Penman, D. (2011). *Mindfulness: A practical guide to finding peace in a frantic world*. London: Piatkus. (Face-to-face version developed by Mark Williams and Chris Cullen. Includes free CD with guided meditations; based around MBCT but not the full MBCT programme as in the Mindful Way through depression above).

Clinical Guidelines that Recommend MBCT

American Psychological Association Guideline for the Treatment of Depression (2019) <https://www.apa.org/depression-guideline/guideline.pdf>

Recommends MBCT for first line treatment of adult treatment as one of several evidence-based approaches (Table 3.)

Belgium. *Depressie bij volwassenen*. (2017).

<https://domusmedica.be/richtlijnen/depressie-bij-volwassenen>

Recommends MBCT for relapse prevention in depression see p. 8, pp. 46-47, p. 52, p. 54, and p. 56 and p.60.

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

Brazil:

National Policy for Integrative Medicine includes meditation-based interventions in general (mainly in Primary Care) (SUS): <http://bvsms.saude.gov.br/bvs/publicacoes/pnpic.pdf>

Brazilian Society of Family Doctors (GPs)'s current guidelines for mindfulness-based programs application for health:

Demarzo, M. M. P., Garcia-Campayo, J. (2017). Mindfulness Aplicado à Saúde PROMEF - Programa Atualização em Med. Família e Comunidade, May (2017) 125-164.

Canadian Network for Mood and Anxiety Treatments (CANMAT) 2016 Clinical Guidelines for the Management of Adults with Major Depressive Disorder: Section 2. Psychological Treatments.

DOI: 10.1177/0706743716659418.

<https://journals.sagepub.com/doi/10.1177/0706743716659418>

Australia and New Zealand:

G.S. Malhi, D. Bassett, P. Boyce, R. Bryant, P.B. Fitzgerald, K. Fritz, et al .Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for mood disorders

Australian and New Zealand Journal of Psychiatry, 49 (12) (2015), pp. 1087-1206

https://www.ranzcporg/files/resources/college_statements/clinician/cpg/mood-disorders-cpg.aspx

"MBCT or CBT should be offered as a relapse prevention intervention, particularly amongst patients with recurrent depressive episodes." (p.64).

NHS Wales. Guidance for Delivering Evidence-Based Psychological Therapy in Wales. (2017).

<http://www.1000livesplus.wales.nhs.uk/sitesplus/documents/1011/Matrix%20Cymru%20%28CM%20design%20-%20DRAFT%2015%29.pdf>

Recommends mindfulness as a "direct access evidence-based self-help" (p. 22).

Scottish Intercollegiate Guidelines Network (SIGN). Treating depression without using prescribed medication. Booklet for patients and carers. Health Improvement Scotland.

<https://www.sign.ac.uk/assets/pat114.pdf>

Recommends MBCT for people who experienced depression three or more times p. 12.

UK National Institute for Health and Care Excellence (NICE). (2009). [Depression Guideline CG90](#).

Recommends MBCT for people with depression who are considered to be at significant risk of relapse (including those who have relapsed despite antidepressant treatment or who are unable or choose not to continue antidepressant treatment) or who have residual symptoms, should be offered one of the following psychological interventions (recommendation 1.9.1.8).

The evidence base has grown much stronger since 2009 and the new guideline is considering all the new studies including those suggesting MBCT as an alternative to antidepressants and MBCT for treatment-resistance depression.

Spain. [Guía de Práctica Clínica sobre el Manejo de la Depresión en el Adulto](#).

Cognitive Therapy and MBCT

Books

Beck, A. T., Rush, A. J., Shaw, B. F. & Emery, G. (1979). Cognitive therapy of depression. New York: Guilford.

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

Butler, G., Fennell, M. J. V. & Hackmann, A. (2008) Cognitive therapy for anxiety disorders: Mastering clinical challenges. New York: Guilford.

Fennell, M. J. V. & Segal, Z. V. (2012) Mindfulness-based cognitive therapy: Culture clash or creative fusion? In J. M. G. Williams & J. Kabat-Zinn (Eds.), *Mindfulness: Diverse Perspectives on Its Meaning, Origins, and Applications* (pp. 125-142) . Abingdon: Routledge.

Tirch, D., Silberstein, L. R. & Kolts, R. L. (2016) Buddhist psychology and cognitive-behavioural therapy. New York: Guilford.

Learning CBT experientially (opportunities for self-practice and self-reflection)

Bennett-Levy, J., Thwaites, R., Haarhoff, B. & Perry, H. (2015) *Experiencing CBT from the inside out*. New York: Guilford.

Greenberger, D. & Padesky, C. A. (2015) *Mind over mood: Change how you feel by changing the way you think* (2nd ed.). New York: Guilford.

Mindfulness for Specific Intentions, Populations and Contexts

General population

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RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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Addiction

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RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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Children and young people

Resources and websites

It is sometimes said that one of the best ways to teach young people mindfulness is to be mindful! Learning mindfulness for ourselves not only resources us to be effective parents, caregivers and teachers, but provides a model of what we hope young people might learn. So for teachers/parents etc, first learn mindfulness for ourselves ...

That being said, there are lots of resources for young people to learn mindfulness, although the evidence base is much earlier in its development and it is not yet clear if it is helpful, and how best to teach it if it is.

The BBC just produced an excellent bitesize resource for parents and teachers, see [here](#).

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

At the University of Oxford we have developed this [website](#) for young people which includes a video of what young people think about mental health and signposts various resources (with support from the Wellcome and Jonny Wilkinson Foundation).

All this being said, this piece in the New York Times is a nice primer: [How to Meditate - The New York Times](#). At the end of the article are some book and video recommendations that I know and like.

Headspace has content [for children](#), but older adolescents may prefer their adult content.

[Smiling Mind](#) is a website and app for families and children.

Retreats - iBme offers retreats for young people. There is also a UK branch [here](#).

There are a number of programs that teach mindfulness in schools, including: Learning to Breathe, MindUp (which is broader than mindfulness alone), Wake Up Schools and the Mindfulness in Schools Project which has several curricula. A web search for these programs will bring you to their websites, some of which have some resources for parents and teachers.

There is an overview of these programmes and their evidence base developed by the Penn State Edna Bennett Pierce Prevention Research Center, see here:

<https://www.prevention.psu.edu/uploads/files/PSU-Mindfulness-Brief-2022.pdf>

MYRIAD was an eight programme of research into mindfulness in schools, and [this website](#) outlines the project and all the scientific publications.

YouTube has some nice resources, including these videos:

<https://www.youtube.com/watch?v=DBSIh9vbasQ>

Dr Julie Smith is one of the best communicators on mental health for young people, through her social media and writing. See her website and connect to her social media [here](#).

The Psychology Mum has a good Instagram account for younger children, providing psychology tips via illustrations: <https://www.instagram.com/thepsychologymum/>

Books

The following books are recommended.

Julie Smith. (2022). Why has nobody told me this before. Michael Joseph.

Charlie Makesy. (2019). The Boy, The Mole, The Fox and The Horse. Ebury Press. A beautiful illustrated book about hope, vulnerability, friendship and resilience.

For younger children:

Lauren Alderfer and Kerry Lee McLean (2011). Mindful Monkey, Happy Panda. Wisdom Publications.

Kerry Lee MacLean, (2009). Moody Cow Meditates. Wisdom Publications.

For adolescents:

Dzung X. (2015) The Mindful Teen: Powerful Skills to Help Handle Stress One Moment at a Time. New Harbinger.

Christopher Willard (2014). Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens). New Harbinger.

Some of the most important research papers are:

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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- Hastings, R. P., & Singh, N. N. (2010). Mindfulness, Children, and Families. *Journal of Child and Family Studies*, 19(2), 131-132. <https://doi.org/10.1007/s10826-010-9357-8>
- Nunes, A., Castro, S. L., & Limpo, T. (2020). A Review of Mindfulness-Based Apps for Children. *Mindfulness*, 11(9), 2089-2101. <https://doi.org/10.1007/s12671-020-01410-w>
- Singh, N. N., Singh, A. N., Lancioni, G. E., Singh, J., Winton, A. S. W., & Adkins, A. D. (2010). Mindfulness Training for Parents and Their Children With ADHD Increases the Children's Compliance. *Journal of Child and Family Studies*, 19(2), 157-166. (NOT IN FILE)
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Couples

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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Carson, J. W., Carson, K. M., Gil, K. M., & Baucom, D. H. (2004). Mindfulness-based relationship enhancement. *Behavior Therapy*, 35(3), 471-494.

Dementia

Berk, L., Warmenhoven, F., van Os, J., & van Boxtel, M. (2018). Mindfulness Training for People With Dementia and Their Caregivers: Rationale, Current Research, and Future Directions. *Frontiers in Psychology*, 9. doi:10.3389/fpsyg.2018.00982

Kor, P. P. K., Chien, W. T., Liu, J. Y. W., & Lai, C. K. Y. (2018). Mindfulness-Based Intervention for Stress Reduction of Family Caregivers of People with Dementia: A Systematic Review and Meta-Analysis. *Mindfulness*, 9(1), 7-22. doi:10.1007/s12671-017-0751-9

Liu, Z., Sun, Y. Y., & Zhong, B. L. (2018). Mindfulness-based stress reduction for family carers of people with dementia. *Cochrane Database of Systematic Reviews*(8). doi:10.1002/14651858.CD012791.pub2

Whitebird, R. R., Kreitzer, M., Crain, A. L., Lewis, B. A., Hanson, L. R., & Enstad, C. J. (2013). Mindfulness-Based Stress Reduction for Family Caregivers: A Randomized Controlled Trial. *Gerontologist*, 53(4), 676-686. doi:10.1093/Geront/Gns126

Depression

There is a very strong evidence base supporting MBCT for depression, and [our 2024 editorial in JAMA Psychiatry](#) provides an overview.

Eating

Alberts, H. J. E. M., Thewissen, R., & Raes, L. (2012). Dealing with problematic eating behaviour. The effects of a mindfulness-based intervention on eating behaviour, food cravings, dichotomous thinking and body image concern. *Appetite*, 58(3), 847-851. <https://doi.org/Doi> 10.1016/J.Appet.2012.01.009

Godsey, J. (2013). The role of mindfulness based interventions in the treatment of obesity and eating disorders: An integrative review. *Complementary Therapies in Medicine*, 21(4), 430-439. <https://doi.org/Doi> 10.1016/J.Ctim.2013.06.003

Kristeller, J. L. (2012). Mindfulness-Based Eating Awareness Training: An Introduction to Clinical Use. *Annals of Behavioral Medicine*, 43, S1-S1

Irritable Bowel Syndrome

Henrich, J. F., Gjelsvik, B., Surawy, C., Evans, E., & Martin, M. (2020). A Randomized Clinical Trial of Mindfulness-Based Cognitive Therapy for Women With Irritable Bowel Syndrome-Effects and Mechanisms. *Journal of Consulting and Clinical Psychology*, 88(4), 295-310. doi:10.1037/ccp0000483

Islam, Z., D'Silva, A., Raman, M., & Nasser, Y. (2022). The role of mind body interventions in the treatment of irritable bowel syndrome and fibromyalgia. *Frontiers in Psychiatry*, 13, <https://doi.org/10.3389/fpsy.2022.1076763>

Neurodiversity

Consideration of neurodiversity and mindfulness-based interventions is in its infancy. But the family of mindfulness practices is broad and has many functions and forms, so the key as ever is to carefully consider which practices might serve an individual, at this point in time, and to tailor these practice to individual needs and personal differences to maximize their effectiveness. The Mindfulness network has offered a nice position piece, see [here](#).

[This article in the magazine Mindfulness](#) is a thoughtful consideration of some of the issues.

Ongoing research continues to explore the full potential and limitations of MBIs within neurodiverse populations, and as yet this is a largely under-researched area.

Obsessive Compulsive Disorder

Chien, W., Tse, M., Chan, H., Cheng, H., & Chen, L. (2022). Is mindfulness-based intervention an effective treatment for people with obsessive-compulsive disorder? A systematic review and meta-analysis. *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*, 32, Article 100712. <https://doi.org/10.1016/j.jocrd.2022.100712>

Cludius, B., Landmann, S., Rose, N., Heidenreich, T., Hottenrott, B., Schroder, J.,...Moritz, S. (2020). Long-term effects of mindfulness-based cognitive therapy in patients with obsessive-compulsive disorder and residual symptoms after cognitive behavioral therapy: Twelve-month follow-up of a randomized controlled trial. *Psychiatry Research*, 291, Article 113119. <https://doi.org/10.1016/j.psychres.2020.113119>

Didonna, F. (2020). Mindfulness-based cognitive therapy for Obsessive Compulsive Disorder. New York: Guilford Press. Didonna, F., Rossi, R., Ferrari, C., Iani, L., Pedrini, L., Rossi, N.,...Lanfredi, M. (2019). Relations of mindfulness facets with psychological symptoms among individuals with a diagnosis of obsessive-compulsive disorder, major depressive disorder, or borderline personality disorder. *Psychology and Psychotherapy-Theory Research and Practice*, 92(1), 112-130. <https://doi.org/10.1111/papt.12180>

Hertenstein, E., Rose, N., Voderholzer, U., Heidenreich, T., Nissen, C., Thiel, N.,...Kulz, A. K. (2012). Mindfulness-based cognitive therapy in obsessive-compulsive disorder - A qualitative study on patients' experiences. *Bmc Psychiatry*, 12. <https://doi.org/10.1186/1471-244x-12-185>

Leeuwerik, T., Cavanagh, K., Forrester, E., Hoadley, C., Jones, A. M., Lea, L.,...Strauss, C. (2020). Participant perspectives on the acceptability and effectiveness of mindfulness-based cognitive behaviour therapy approaches for obsessive compulsive disorder. *Plos One*, 15(10), Article e0238845. <https://doi.org/10.1371/journal.pone.0238845>

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

Strauss, C., Lea, L., Hayward, M., Forrester, E., Leeuwerik, T., Jones, A. M., & Rosten, C. (2018). Mindfulness-based exposure and response prevention for obsessive compulsive disorder: Findings from a pilot randomised controlled trial. *Journal of Anxiety Disorders*, 57, 39-47. <https://doi.org/10.1016/j.janxdis.2018.04.007>

Wahl, K., Huelle, J. O., Zurowski, B., & Kordon, A. (2013). Managing Obsessive Thoughts During Brief Exposure: An Experimental Study Comparing Mindfulness-Based Strategies and Distraction in Obsessive-Compulsive Disorder. *Cognitive Therapy and Research*, 37(4), 752-761. <https://doi.org/10.1007/S10608-012-9503-2>

Older adults

Hazlett-Stevens, H., Singer, J., & Chong, A. (2019). Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy with Older Adults: A Qualitative Review of Randomized Controlled Outcome Research. *Clinical Gerontologist*, 42(4), 347-358. doi:10.1080/07317115.2018.1518282

Smith, A. (2004). Clinical uses of mindfulness training for older people. *Behavioural & Cognitive Psychotherapy*, 32(4), 432-430. <http://dx.doi.org/10.1017/S1352465804001602>

Williams, C. M., Meeten, F., & Whiting, S. (2018). "I had a sort of epiphany!" An exploratory study of group mindfulness-based cognitive therapy for older people with depression. *Aging & Mental Health*, 22(2), 208-217. doi:10.1080/13607863.2016.1247415

Various centres have started to teach mindfulness and ageing - <https://www.mindfulenhance.org/>

Pain

Many of the meta-analysis and systematic reviews cited in the research sections cover MBSR and pain as an outcome.

Cherkin, D. C., Sherman, K. J., Balderson, B. H., Cook, A. J., Anderson, M. L., Hawkes, R. J., . . . Turner, J. A. (2016). Effect of Mindfulness-Based Stress Reduction vs Cognitive Behavioral Therapy or Usual Care on Back Pain and Functional Limitations in Adults With Chronic Low Back Pain A Randomized Clinical Trial. *Jama-Journal of the American Medical Association*, 315(12), 1240-1249. doi:10.1001/jama.2016.2323

Majeed, M. H., Ali, A. A., & Sudak, D. M. (2018). Mindfulness-based interventions for chronic pain: Evidence and applications. *Asian Journal of Psychiatry*, 32, 79-83. doi:10.1016/j.ajp.2017.11.025

Parenting

Duncan, L. G. & Bardacke, N. (2010). Mindfulness-based childbirth and parenting education: Promoting family mindfulness during the perinatal period. *Journal of Child and Family Studies*, 19(2), 190-202. <http://dx.doi.org/10.1007/s10826-009-9313-7>

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Psychogiou, L., Legge, K., Parry, E., Mann, J., Nath, S., Ford, T., Kuyken, W. (2016) Self-compassion and parenting in mothers and fathers with depression. *Mindfulness* 7(4), 896-908. <http://dx.doi.org/10.1007/s12671-016-0528-6>

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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<http://dx.doi.org/10.1016/j.earlhumdev.2014.12.003>

Warriner, S., Dymond, M., & Williams, J.M.G. (2013). Mindfulness in maternity. *British Journal of Midwifery*, 21(7), 520-522. <http://dx.doi.org/10.12968/bjom.2013.21.7.520>

Warriner, S., Hunter, L. & Dymond, M. (2016) Mindfulness in maternity: Evaluation of a course for midwives. *British Journal of Midwifery*, 24(3). <http://dx.doi.org/10.12968/bjom.2016.24.3.188>

Great resources from the BBC, including animations and practices

<https://www.bbc.co.uk/bitesize/articles/zhmtg2p>

Planetary Health and Climate

Thich Nhat Hanh *The World We Have*

Thich Nhat Hanh *Zen and the Art of Saving the Planet*

Marcelo Gleiser *The Dawn of a Mindful Universe*

James Lovelock *The Vanishing Face of Gaia*

Norman Fischer (2019) *The World Could Be Otherwise*

Prosocial behaviour

Bibeau, M., Dionne, F., & Leblanc, J. (2016). Can Compassion Meditation Contribute to the Development of Psychotherapists' Empathy? A Review. *Mindfulness*, 7(1), 255-263.

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Donald, J. N., Sahdra, B. K., Van Zanden, B., Duineveld, J. J., Atkins, P. W. B., Marshall, S. L., & Ciarrochi, J. (2019). Does your mindfulness benefit others? A systematic review and meta-analysis of the link between mindfulness and prosocial behaviour. *British Journal of Psychology*, 110(1), 101-125. doi:10.1111/bjop.12338

Flook, L., Goldberg, S. B., Pinger, L., & Davidson, R. J. (2015). Promoting Prosocial Behavior and Self-Regulatory Skills in Preschool Children Through a Mindfulness-Based Kindness Curriculum. *Developmental Psychology*, 51(1), 44-51. doi:10.1037/a0038256

Jennings, P. A., & Greenberg, M. T. (2009). The Prosocial Classroom: Teacher Social and Emotional Competence in Relation to Student and Classroom Outcomes. *Review of Educational Research*, 79(1), 491-525. doi:10.3102/0034654308325693

Luberto, C. M., Shinday, N., Song, R. Y., Philpotts, L. L., Park, E. R., Fricchione, G. L., & Yeh, G. Y. (2018). A Systematic Review and Meta-analysis of the Effects of Meditation on Empathy, Compassion, and Prosocial Behaviors. *Mindfulness*, 9(3), 708-724.

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Malin, Y. (2023). Others in Mind: A Systematic Review and Meta-Analysis of the Relationship Between Mindfulness and Prosociality. *Mindfulness*, 14(7), 1582-1605.

<https://doi.org/10.1007/s12671-023-02150-3>

Teachers and schools

See these two excellent websites with resources <https://prevention.psu.edu/> and <https://casel.org/>

Maggie Farrar is a former head teacher who now offers training to heads and senior leadership in schools to support their presence, composure and resilience with the challenges of their work: <https://www.empoweringleadership.co.uk/>

Beshai, S., McAlpine, L., Weare, K., & Kuyken, W. (2015). A non-randomised feasibility trial assessing the efficacy of a mindfulness-based intervention for teachers to reduce stress and improve well-being. *Mindfulness*. doi:10.1007/s12671-015-0436-1

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RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

Kuyken, W., Ball, S., Crane, C., Ganguli, P., Jones, B., Montero-Marin, J.,... Team, M. (2022). Effectiveness and cost-effectiveness of universal school-based mindfulness training compared with normal school provision in reducing risk of mental health problems and promoting well-being in adolescence: the MYRIAD cluster randomised controlled trial. *Evidence-Based Mental Health*, 25(3), 99-109.

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Trauma

Treleaven, D. (2018). *Trauma sensitive mindfulness: practices for safe and transformative healing*. Norton.

Workplaces, private and public sector

de Bruin, E. I., van der Meulen, R. T., de Wandeler, J., Zijlstra, B. J. H., Formsma, A. R., & Bogels, S. M. (2020). The Unilever Study: Positive Effects on Stress and Risk for Dropout from Work after the Finding Peace in a Frantic World Training. *Mindfulness*, 11(2), 350-361. doi:10.1007/s12671-018-1029-6

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

- Heckenberg RA, Eddy P, Kent S, Wright BJ. (2018). Do workplace-based mindfulness meditation programs improve physiological indices of stress? A systematic review and meta-analysis. *Journal of Psychosomatic Research*, 114:62-71
- Hilton, L. G., Marshall, N. J., Motala, A., Taylor, S. L., Miake-Lye, I. M., Baxi, S., ... Hempel, S. (2019). Mindfulness meditation for workplace wellness: An evidence map. *Work*, 63(2), 205–218.
- Janssen, M., Heerkens, Y., Kuijer, W., van der Heijden, B., & Engels, J. (2018). Effects of Mindfulness-Based Stress Reduction on employees' mental health: A systematic review. *Plos One*, 13(1). doi:10.1371/journal.pone.0191332
- Kajee, N., Montero-Marin, J., Saunders, K. E. A., Myall, K., Harriss, E., & Kuyken, W. (2024). Mindfulness training in healthcare professions: A scoping review of systematic reviews. *Medical Education*. <https://doi.org/10.1111/medu.15293>
- Kersemakers, W., Rupprecht, S., Wittmann, M., Tamdjidi, C., Falke, P., Donders, R., Speckens, A., & Kohls, N. (2018). A Workplace Mindfulness Intervention May Be Associated With Improved Psychological Well-Being and Productivity. A Preliminary Field Study in a Company Setting. *Frontiers in Psychology*, 9, Article 195. <https://doi.org/10.3389/fpsyg.2018.00195>
- Kersemakers, W. M., Vreeling, K., Verweij, H., van der Drift, M., Cillessen, L., van Dierendonck, D., & Speckens, A. E. M. (2020). Effectiveness and feasibility of a mindful leadership course for medical specialists: a pilot study. *Bmc Medical Education*, 20(1), Article 34. <https://doi.org/10.1186/s12909-020-1948-5>.
- Krishnan, S., & Sethuramalingam, V. (2025). Effectiveness of mindfulness-based interventions to reduce stress among social workers- a meta-analysis. *JOURNAL OF SOCIAL WORK PRACTICE*. <https://doi.org/10.1080/02650533.2025.2551539>
- Lomas, T., Carlos Medina, J., Ivztan, I., Rupprecht, S., & Eiroa-Orosa, F. J. (2018). A systematic review of the impact of mindfulness on the well-being of healthcare professionals. *Journal of Clinical Psychology*, 74(3), 319-355. doi:10.1002/jclp.22515.
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- Rupprecht, S., Koole, W., Chaskalson, M., Tamdjidi, C., & West, M. (2018). Running too far ahead? Towards a broader understanding of mindfulness in organisations. *Current Opinion in Psychology*, 28, 32-36. doi:10.1016/j.copsyc.2018.10.007.
- Trowbridge, K., & Lawson, L. M. (2016). Mindfulness-based interventions with social workers and the potential for enhanced patient-centered care: A systematic review of the literature. *Social Work in Health Care*, 55(2), 101–124. <https://doi.org/10.1080/00981389.2015.1094165>
- van der Riet P, Levett-Jones T, Aquino-Russell C. (2018). The effectiveness of mindfulness meditation for nurses and nursing students: An integrated literature review. *Nurse education today*. 2018;65:201-11.
- Virgili, M. (2015). Mindfulness-based interventions reduce psychological distress in working adults: a meta-analysis of intervention studies. *Mindfulness*, 6(2), 326-337.
- Zeller JM, Lamb K. Mindfulness Meditation to Improve Care Quality and Quality of Life in Long-Term Care Settings. *Geriatric Nursing*. 2011;32(2):114-8.

Young Adults and University Students

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

- Galante, J., Dufour, G., Vainre, M., Wagner, A. P., Stochl, J., Benton, A., . . . Jones, P. B. (2018). A mindfulness-based intervention to increase resilience to stress in university students (the Mindful Student Study): a pragmatic randomised controlled trial. *Lancet Public Health*, 3(2), E72-E81. doi:10.1016/s2468-2667(17)30231-1
- Medlicott, E., Phillips, A., Crane, C., Hinze, V., Taylor, L., Tickell, A.,...Kuyken, W. (2021). The Mental Health and Wellbeing of University Students: Acceptability, Effectiveness, and Mechanisms of a Mindfulness-Based Course. *International Journal of Environmental Research and Public Health*, 18(11), Article 6023. <https://doi.org/10.3390/ijerph18116023>
- Monshat, K., Khong, B., Hassed, C., Vella-Brodrick, D., Norrish, J., Burns, J., & Herrman, H. (2013). "A conscious control over life and my emotions:" mindfulness practice and healthy young people. A qualitative study. *J Adolesc Health*, 52(5), 572-577. doi:10.1016/j.jadohealth.2012.09.008.
- Taylor, B. L., Strauss, C., Cavanagh, K., & Jones, F. (2014). The effectiveness of self-help mindfulness-based cognitive therapy in a student sample: A randomised controlled trial. *Behaviour Research and Therapy*, 63, 63-69. doi:10.1016/j.brat.2014.09.007.

General Mindfulness Resources

Books

- Baer, R. A. (Ed.). (2014). *Mindfulness-based treatment approaches: A clinician's guide* (2nd ed.). Amsterdam: Elsevier.
- Bardacke, N. (2012). *Mindful birthing: Training the mind, body & heart for childbirth and beyond*. New York: Harper Collins.
- Boyce, B. (2011). *The mindfulness revolution: Leading psychologists, scientists, and meditation teachers on the power of mindfulness in daily life*. Boston: Shambhala Publications.
- Kabat-Zinn, J. (1990, new edition 2023). Full catastrophe living. Using the wisdom of your body and mind to face stress, pain and illness. London: Piatkus. [The original book detailing the MBSR course upon which both MBCT & MBCTP were based].**
- Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. London: Piatkus.
- Kabat-Zinn, M. & Kabat-Zinn, J. (1997). *Everyday blessings: The inner work of mindful parenting*. New York: Hyperion.
- Kabat-Zinn, J. (2005). *Coming to our senses: Healing ourselves and the world through mindfulness*. New York: Hyperion/ London: Piatkus.
- Santorelli, S. (1999) *Heal thy self: Lessons on mindfulness in medicine*. Victoria BC, Canada: Crown Publications.
- Williams, J. M. G & Kabat-Zinn J. (Eds.). (2013). Mindfulness: Diverse Perspectives on Its Meaning, Origins, and Application. London: Routledge.**

Mindfulness and the Arts

I have not yet had a chance to curate this section, but this book is quite excellent, an original and fresh exploration of mindfulness and creativity by someone deeply immersed in the world of music and the arts.

Rick Rubin (2023) *The Creative Act: A Way of Being*.

There are many people exploring how the arts and mindfulness can support one another. Here are some I find particularly thoughtful:

Noa Kageyama, a musician offers many ideas, but centrally suggests focusing on enjoying the process, not the outcome. You can access his website, including many free resources <https://bulletproofmusician.com>

Here he is featuring in a great podcast <https://youtu.be/6xSMmPZuf4g?si=66bCaFZZv3ZBNh4P>

Buddhist Psychology Background

- Anālayo, Bhikkhu (2003). *Satipatthāna: the Direct Path to Realization*. Birmingham: Windhorse
- Feldman C (2017). *Boundless Heart*. Boulder: Shambhala
- Goldstein, J. (1994). *Insight meditation: The practice of freedom*. Boston: Shambhala Publications.
- Goldstein, J (2013). *Mindfulness: a Practical Guide to Awakening*. Boulder: Sounds True
- Goldstein, J., & Kornfield, J. (1987). *Seeking the heart of wisdom*. Boston: Shambhala.
- Henepola, G. (1992). *Mindfulness in plain English*. Somerville Mass: Wisdom Publications.
- Nariyal, D.K., Drummond, M.S., & Lal, Y.B (2006). *Buddhist thought and applied psychological research*. New York: Routledge.
- Siegel, D. (2010). *Mindsight: The new science of personal transformation*. New York: Random House.
- Vancoppenolle, G. (2021). *Life sucks. Why?: The Buddhist view on why we experience life as unsatisfactory*. Independently published.
- Williams, J.M.G & Kabat-Zinn J. (Eds) (2013). *Mindfulness: Diverse Perspectives on Its Meaning, Origins, and Applications*. Oxford: Routledge.

Going Deeper Studying and Practising Mindfulness

The selection below is meant as an introduction to insight meditation and as an invitation to explore meditation more deeply. Many of these teachers and authors have written more books than are listed here, and have meditation tapes/CDs you can buy. (Dates/publishers of recent paperback editions cited when possible.)

- Beck, J. (1997). *Everyday Zen: Love and Work*. San Francisco: Harper Collins.
- Baraz, J (2010). *Awakening Joy*. New York: Random House
- Boorstein, S. (1995). *It's easier than you think: The Buddhist way to happiness*. San Francisco: Harper Collins.
- Dalai Lama (2002). *Advice on dying and living a better life*. Hopkins, J. (Ed.). (J. Hopkins, Trans.). London: Rider & Co.
- Goldstein, J. (1994) *Insight meditation: The practice of freedom*. Boston Mass: Shambhala Publications.
- Goldstein, J., & Kornfield, J. (1987). *Seeking the heart of wisdom*. Boston: Shambhala.
- Hanh, T. N. (1991). *The miracle of mindfulness: Manual on meditation*. London: Rider & Co.
- Hanh, T.N. (1995). *Peace is every step: The path of mindfulness in everyday life*. London: Rider & Co.
- Henepola, G. (1992). *Mindfulness in plain English*. Somerville Mass: Wisdom Publications.

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

- Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. London: Piatkus.
- Kornfield, J. (1993). *A path with a heart*. London: Rider & Co.
- Kornfield, J. (2000). *After the ecstasy, the laundry: How the heart grows wise on the spiritual path*. New York: Bantam Books.
- Pema, C. (1991). *The wisdom of no escape*. Boston Mass: Shambala Publications.
- Rosenberg, L. with Guy, D. (1998). *Breath by breath: The liberating practice of insight meditation*. Boston Mass: Shambhala Publications.
- Salzberg, S. (1995). *Loving kindness. The revolutionary art of happiness*. Boston Mass: Shambhala Publications.
- Santorelli, S. (1999). *Heal thy self: Lessons on mindfulness in medicine*. Victoria BC, Canada: Crown Publications.
- Sogyal R. (1998). *The Tibetan book of living and dying*. London: Rider & Co.
- Wellings, N. (2015). *Why can't I meditate?* London: Piatkus.
- Yates, J. (2017). *The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Sciences for Greater Mindfulness*. Atria Books.

Key Mindfulness Journal Articles and Books

Definition and measurement of mindfulness and related constructs

- Baer, R. A. (2011). Measuring mindfulness. *Contemporary Buddhism*, 12(1), 241-261.
- Bishop, S., Lau, M., Shapiro, S., Carlson, L., Anderson, N. D., Carmody, J., ... Devins, G. (2004). Mindfulness: A proposed theoretical operational definition. *Clinical Psychology: Science and Practice*, 11(3), 230-241. <http://dx.doi.org/10.1093/clipsy.bph077>
- Desbordes, G., Gard, T., Hoge, E. A., Holzel, B., Kerr, C., Lazar, S. W., . . . Vago, D. R. (2015). Moving Beyond Mindfulness: Defining Equanimity as an Outcome Measure in Meditation and Contemplative Research. *Mindfulness*, 6(2), 356-372. doi:10.1007/s12671-013-0269-8
- Crane, R. S., Brewer, J., Feldman, C., Kabat-Zinn, J., Santorelli, S., Williams, J. M. G., & Kuyken, W. (2017). What defines mindfulness-based programs? The warp and the weft. *Psychological Medicine*, 47(6), 990-999. doi:10.1017/s0033291716003317
- Feldman, C. & Kuyken, W. (2011) Compassion in the landscape of suffering. *Contemporary Buddhism*, 12(1), 143-155. <http://dx.doi.org/10.1080/14639947.2011.564831>
<http://dx.doi.org/10.1080/10478400701598363>
- Strauss, C., Taylor, B., Gu, J., Kuyken, W., Baer, R., Jones, F., Cavanagh, K. (2016) What is compassion and how can we measure it? A review of definitions and measures. *Clinical Psychology Review*, 47, 15-27. <http://dx.doi.org/10.1016/j.cpr.2016.05.004>
- Williams, J. M. G & Kabat-Zinn J. (Eds.). (2013). *Mindfulness: Diverse Perspectives on Its Meaning, Origins, and Application*. London: Routledge.**

Theory – A map of how MBPs work (including papers on the positive valence system)

- Feldman, C. & Kuyken, W. (2019). *Mindfulness: Ancient Wisdom Meets Modern Psychology*. New York: Guilford Press.**
- Feldman Barrett, L. (2021). *Seven and a half lessons about the brain*. Picador**
- Garland, E. L., Farb, N. A., Goldin, P. R., & Fredrickson, B. L. (2015). Mindfulness Broadens Awareness and Builds Eudaimonic Meaning: A Process Model of Mindful Positive Emotion Regulation. *Psychological Inquiry*, 26(4), 293-314. doi:10.1080/1047840x.2015.1064294
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology - The broaden-and-build theory of positive emotions. *American Psychologist*, 56(3), 218-226. doi:10.1037/0003-066x.56.3.218**
- Fredrickson, B. L., & Losada, M. F. (2005). Positive affect and the complex dynamics of human flourishing. *American Psychologist*, 60(7), 678-686. doi:10.1037/0003-066x.60.7.678
- Garland, E. L., Farb, N. A., Goldin, P. R., & Fredrickson, B. L. (2015). The Mindfulness-to-Meaning Theory: Extensions, Applications, and Challenges at the Attention-Appraisal-Emotion Interface. *Psychological Inquiry*, 26(4), 377-387. doi:10.1080/1047840x.2015.1092493

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

Garland, E. L., Fredrickson, B., Kring, A. M., Johnson, D. P., Meyer, P. S., & Penn, D. L. (2010). Upward spirals of positive emotions counter downward spirals of negativity: Insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits in psychopathology. *Clinical Psychology Review*, 30(7), 849-864. doi:10.1016/j.cpr.2010.03.002

Gilbert, P. (2009). *The compassionate mind*. London: Constable.

Kuyken, W. & B.D. Dunn. (2022). Case Conceptualization in Mindfulness-Based Cognitive Therapy. In T.D. Eells (Editor). *Handbook of Psychotherapy Case Formulation*, Third Edition. New York: Guilford Press. This chapter is freely available to download here: https://www.guilford.com/excerpts/eells_ch12.pdf

Lutz, A., Jha, A. P., Dunne, J. D., & Saron, C. D. (2015). Investigating the Phenomenological Matrix of Mindfulness-Related Practices From a Neurocognitive Perspective. *American Psychologist*, 70(7), 632-658. doi:10.1037/a0039585

Masicampo, E. J. & Baumeister, R. F. (2007). Relating mindfulness and self-regulatory processes. *Psychological Inquiry*, 18(4), 255-258.

Teasdale, J. D., & Chaskalson, M. (2011). How does mindfulness transform suffering? I: the nature and origins of dukkha. *Contemporary Buddhism*, 12(1), 89-102. <http://dx.doi.org/10.1080/14639947.2011.564824>

Teasdale, J. D., & Chaskalson, M. (2011). How does mindfulness transform suffering? II: the transformation of dukkha. *Contemporary Buddhism*, 12(1), 103-124. <http://dx.doi.org/10.1080/14639947.2011.564826>

Trials – i.e. do MBPs work, and are they cost effective? (very select sub-listing, there are many more trials than this now)

Barnhofer, R., Crane, C., Hargus, E. et al. (2009) Mindfulness-based cognitive therapy as a treatment for chronic depression: A preliminary study. *Behaviour Research & Therapy*, 47, 366-373. <http://dx.doi.org/10.1016/j.brat.2009.01.019>

Barnhofer, T., Dunn, B. D., Strauss, C., Ruths, F., Barrett, B., Ryan, M.,...Warren, F. (2023). A randomised controlled trial to investigate the clinical effectiveness and cost effectiveness of Mindfulness-Based Cognitive Therapy (MBCT) for depressed non-responders to Increasing Access to Psychological Therapies (IAPT) high-intensity therapies: study protocol. *Trials*, 24(1), Article 43. <https://doi.org/10.1186/s13063-022-06882-w> [trial is not yet published]

Bostock, S. K., & Steptoe, A. (2013). Can finding Headspace reduce work stress? A randomised controlled workplace trial of a mindfulness meditation app. *Psychosomatic Medicine*, 75(3), A36-A37.

Chadwick, P., Newman Taylor, K. & Abba, N. (2005) Mindfulness groups for people with psychosis. *Behavioural & Cognitive Psychotherapy*, 33, 351-359. <http://dx.doi.org/10.1017/S1352465805002158>

Crane, C., Crane, R., Eames, K., Fennell, M., Silverton, S., Williams, J. M. G., & Barnhofer, T. (2014). The effects of amount of home meditation practice in mindfulness based cognitive therapy on hazard of relapse to depression in the Staying Well after Depression Trial. *Behaviour Research and Therapy*, 63, 17-24. <http://dx.doi.org/10.1016/j.brat.2014.08.015>

RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

- Eisendrath, S.J., Delucchi, K., Bitner, R., Fenimore, P., Smit, M., & McLane, M. (2008). Mindfulness-based cognitive therapy for treatment-resistant depression: A pilot study. *Psychotherapy and Psychosomatics*, 77(5): 319-320. <http://dx.doi.org/10.1159/000142525>
- Farb, N., Anderson, A., Ravindran, A., Hawley, L., Irving, J., Mancuso, E., . . . Segal, Z. V. (2018). Prevention of Relapse/Recurrence in Major Depressive Disorder With Either Mindfulness-Based Cognitive Therapy or Cognitive Therapy. *Journal of Consulting and Clinical Psychology*, 86(2), 200-204. doi:10.1037/ccp0000266.
- Farver-Vestergaard, I., O'Toole, M. S., O'Connor, M., Lokke, A., Bendstrup, E., Basdeo, S. A., ... Zachariae, R. (2018). Mindfulness-based cognitive therapy in COPD: a cluster randomised controlled trial. *European Respiratory Journal*, 51(2). doi:10.1183/13993003.02082-2017
- Feliu-Soler, A., Cebolla, A., McCracken, L. M., D'Amico, F., Knapp, M., Lopez-Montoyo, A., . . . Luciano, J. V. (2018). Economic Impact of Third-Wave Cognitive Behavioral Therapies: A Systematic Review and Quality Assessment of Economic Evaluations in Randomized Controlled Trials. *Behavior Therapy*, 49(1), 124-147.
- Geschwind, N., Peeters, F., Huibers, M., van Os, J. & Wichers, M. (2012) Efficacy of mindfulness-based cognitive therapy in relation to prior history of depression: A randomised controlled trial. *British Journal of Psychiatry*, 201(4), 320-325. <http://dx.doi.org/10.1192/bjp.bp.111.104851>
- Huijbers, M. J., Spinhoven, P., Spijker, J., Ruhé, H. G., van Schaik, D. J., van Oppen, P., ... Speckens, A.E.M. (2015). Adding mindfulness-based cognitive therapy to maintenance antidepressant medication for prevention of relapse/recurrence in major depressive disorder: Randomised controlled trial. *Journal of Affective Disorders*, 187, 54-61. <http://dx.doi.org/10.1016/j.jad.2015.08.023>
- Huijbers, M.J., Spinhoven, P., Spijker, J., Ruhé, H.G., van Schaik, D.J.F, van Oppen, P., ... Speckens, A.E.M. (2016). Discontinuation of antidepressant medication after mindfulness-based cognitive therapy for recurrent depression: randomised controlled non-inferiority trial. *The British Journal of Psychiatry*, 208(4), 366-373. <http://dx.doi.org/10.1192/bjp.bp.115.168971>
- Ietsugu, T., Crane, C., Hackmann, A., Brennan, K., Gross, M., Crane, R.S., ... Barnhofer, T. (2015) Gradually getting better: Trajectories of change in rumination and anxious worry in mindfulness-based cognitive therapy for prevention of relapse to recurrent depression. *Mindfulness*, 6(5), 1088-1094. <http://dx.doi.org/10.1007/s12671-014-0358-3>
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Mindfulness and Attention

One of the key mechanisms of mindfulness is attention. Here are some of the leading figures in this field.

Amishi Jha - For a deep dive into Amishi Jha's ideas on attention here she is on Joe Rogon's podcast

<https://open.spotify.com/episode/57hZuU1AVnO78DO3Bjno8c?si=d6ddaf5a44004a76>

What can we learn from elite musician Noa Kageyama? He offers many ideas, but centrally suggests focusing on enjoying the process, not the outcome.

You can access his ideas, including many free resources on his website

<https://bulletproofmusician.com>

Here he is featuring in a great podcast

<https://youtu.be/6xSMmPZuf4g?si=66bCaFZZv3ZBNh4P>

Mindfulness and Compassion

There is large and growing literature on compassion and compassion-oriented approaches,. It's beyond the scope of this resource to cover these papers, but there is a consideration of the role of compassion in Chapter 8 of the second edition of Mindfulness-based Cognitive Therapy for Depression. MBCT does in part work by cultivating compassion and this paper by Christina Feldman and I considered these issues further:

Feldman, C. & Kuyken, W. (2011) Compassion in the landscape of suffering. Contemporary Buddhism, 12(1), 143-155. <http://dx.doi.org/10.1080/14639947.2011.564831>

If you're interested in the broader literature on compassion-focused approaches search for work by [Christopher Germer](#), [Paul Gilbert](#), [Frits Koster](#), [Deborah Lee](#), [Kristin Neff](#), [Erik van der Brink](#) and others. Most of them have excellent websites with lots of resources and there is promising evidence for all of their curricula. The Compassionate Mind Foundation also [lists therapists who offer individual therapy](#). Here are some illustrative workbooks:

Irons, C. & Beaumont, E. The compassionate mind workbook: A step-by-step guide to compassion focused therapy.

Neff, C. & Germer, C. (2018). The mindful self-compassion workbook: A proven way to accept yourself, build inner strength and thrive. New York: Guilford Press. [Here is an extract published by mindful.org](#).

Implementation, Training and Supervision – How the Innovation and Science are Applied

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