

Literature

Jon Kabat-Zinn:
- **Full Catastrophe Living**

John Teasdale, Jon Kabat-Zin, Mark Williams, Zindel Segal
- **The Mindful Way through Depression**

Daniel Goleman, Dalai Lama
- **Destructive Emotions**
- **A Scientific Dialogue with the Dalai Lama**

Richard J. Davidson
- **The Emotional Life of Your Brain**

Thick Nhat Hanh
- **The Miracle of Mindfulness**

Eckhart Tolle
- **The Power of Now**