

Hi Joan,

Thanks again for allowing me to speak yesterday and the warm welcome.

Here's some information your members may find interesting:

- For details of reputable mindfulness courses/events visit: www.bemindful.co.uk
- For mindfulness for younger people visit: www.mindfulnessinschools.org
- For mindfulness specific to chronic pain and illness visit: www.breathworks-mindfulness.co.uk
- My own website address is www.release-mindfulness.co.uk where you'll find details of courses and events I'm offering in and around Hampshire.
- For retreats in general visit: www.thegoodretreatguide.com. I can recommend Gaia House: <http://gaiahouse.co.uk/retreats/group-retreat-programme> for a silent retreat. Or <http://www.sharphamtrust.org/The-Barn-Retreat>.

The books I would recommend are:

- "Full Catastrophe Living" - Jon Kabat-Zin
- "Mindfulness for Health" - Vidyamala Burch
- "Living Well with Pain and Illness" - Vidyamala Burch
- "Mindfulness - Finding Peace in a Frantic World" - Mark Williams
- "The Compassionate Mind" - Paul Gilbert
- "The Mindful Path of Self-Compassion" - Christopher K Germer
- "The Mindful Way Through Depression" - Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zin
- anything by Thich Nhat Hanh, especially "The Miracle of Mindfulness"
- anything by Rick Hanson
- "Sane New World" - Ruby Wax

There are plenty of others I've yet to read.

For anyone interested in the traditional origins of what we covered then I found "The Heart of The Buddha's Teachings" by Thich Nhat Hahn an easy read.

Best wishes,

Steve