

Betty Darby, Ph.D., PLLC
Suggested Reading List

Mindfulness in Plain English by Henepola Gunaratana

The Mindfulness Solution by Ronald Siegel, PsyD

The Mindful Path to Self-Compassion by Christopher Germer, PhD

The Mindful Way Through Depression by Williams, Teasdale, Segal, and Kabat-Zinn

It's Easier Than You Think by Sylvia Boorstein

Going to Pieces Without Falling Apart by Mark Epstein, MD

The Art of Happiness by The Dalai Lama and Howard Cutler, MD

The Happiness Trap by Russ Harris, MD

Get Out of Your Mind and Into Your Life by Steven Hayes, PhD

Brain Rules by John Medina

Train Your Mind Change Your Brain by Sharon Begley