Instructional CDs, DVDs, and Books in the Inner Resources Room
(as well as CDs and DVDs for relaxation or just to add ambiance)

**Instructional CDs:** CDs are located in the basket beside the TV. A few which have companion resources are in the wood cabinet under the water fountain. We recommend that you sit in the recliner and listen through the noise canceling stereo headphones.

- **Guided Meditations for Calmness, Awareness and Love** by Bodhipaksa (30 min)
  - Mindfulness of Breathing; Development of Lovingkindness; Walking Meditation
- **Guided Meditations for Busy People** by Bodhipaksa (each less than 10 minutes)
  - Grounding the Mind, Opening the Mind, Breathing In/Breathing Out,
  - Interconnectedness, Protected by Light, Healing Light Meditation, Being in the Moment, Meeting Pain with Compassion, Three-Minute Breathing Space
- **Guided Meditations for Stress Reduction** by Bodhipaksa (30 min)
  - Body Scan; Meditation on Acceptance
- **Panic Attacks** by Bellaruth Naparstek
  - Guided Imagery and Affirmations
- **Healing Trauma** by Bellaruth Naparstek
  - Guided Imagery for post-traumatic stress
- **Relieve Stress** by Bellaruth Naparstek
  - Transform Anxiety, Peaceful Perspective; Walking Meditation & Affirmations
- **Self Confidence & Reach Peak Performance** by Bellaruth Naparstek
  - Guided Imagery and Affirmations
- **Fly Without Fear** by KRS Estrom, M.S.
  - Guided Meditations for a Relaxing Flight
- **Branches of Wisdom** by Mary Kay Crawford, ATR-BC, Rogers Memorial Hospital
  - Progressive Relaxation, Energy Focus, Guided Imagery, Musical Meditation
- **Free Yourself from Anxiety** (2 CDs) by Erin Olivo, PhD, MPH
  - 1) A Mindful Approach to Anxiety: Transform your experience; Understanding your emotions; Feeling anxiety in the body; The three states of mind.
  - 2) Practices for Working with Anxiety: Relaxation practice; Body scan; Basic mindfulness practice; Cultivating a healing space; Working with stress and discomfort
- **Break Through Difficult Emotions** (2 CDs) by Shinzen Young
  - 1) The Subjective and Objective Components of Difficult Emotions; creating permanent change; Developing Emotional IQ – the Feeling Body; The Thinking Mind & Impermanence; Expression & Suppression of Emotions; A Noble Goal for Working through Difficult Emotions
  - 2) Contacting the Feeling Process in the Body Exercise; Observing the Thinking Process Exercise; Releasing Thoughts & Feelings Meditation; The Whole Mind/Body Process Meditation.
- **Best of Stress Management Kit** (10 CDs in a multimedia boxed set) by James Gordon, MD *(located in the two Stress Management boxes in the cabinet under the water fountain - use with the accompanying DVD and workbook, also in the cabinet)*
- **The Mindful Way Through Depression** (CD) narrated by Jon Kabat-Zinn. *(this CD is a companion to the book of the same title, located in the cabinet under the water fountain)*
  - Body Scan, Mindful Standing Yoga, Mindfulness of the Breath, Mindfulness of the Breath and Body, Mindfulness of Sounds and Thoughts
- **The Breathing Box** (CD in a multimedia boxed set) by Gay Hendricks, PhD *(located in the blue Breathing Box in the cabinet under the water fountain)*
**Instructional DVDs:** We highly recommend that you sit in the recliner to watch the video and listen through the noise canceling stereo headphones.

- **Best of Stress Management: Mind-Body Health & Healing** (DVD) by James Gordon, MD (Provides a good introduction to all of the Best of Stress Management CDs which are located in two boxes in the cabinet under the water fountain)
- **The Breathing Box: Four Weeks to Healthy Breathing** (DVD) by Gay Hendricks, PhD. (located inside the blue Breathing Box in the cabinet under the water fountain)

**Books** are available in the cabinet under the water fountain unless “featured” on the desk.

- **The Mindful Way through Depression** by Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn (contains a CD of guided exercises located in the back of the book)
- **Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder** by Norman E. Rosenthal, MD (informative book for those who are using the light box for light therapy)
- **The College De-Stress Handbook: Keeping Cool Under Pressure From the Inside Out** by Institute of Heart Math (informative book for the users of the computer biofeedback program emWave Desktop)
- **The Breathing Box: Four Weeks to Healthy Breathing** Book/CD/DVD by Gay Hendricks, PhD. (located in the blue Breathing Box)
- **Best of Stress Management: Mind-Body Health & Healing** (Workbook) by James Gordon, MD (companion workbook for the DVD and 10 CD Set located in the cabinet under the water fountain)

**Music CDs** create ambience, and are helpful for meditation & relaxation. Located in the basket beside the TV. The CD player is located in the wood cabinet under the TV. You may either listen through the room’s speakers or the noise-canceling headphones.

- **Archipelago** by Dian Booth and Carolyn Sykes
  - Violin and Harp
- **Satori - Music for Yoga and Meditation** by Riley Lee and Gabriel Lee
  - Japanese Flute
- **Canyon Trilogy** by R. Carlos Nakai
  - Native American Flute Music
- **Earth Spirit** by R. Carlos Nakai
  - Native American Flute Music
- **Breathing Spaces** by Jiang Xiao-Qing
  - Piano/keyboard, Chinese music with Western influences
- **Lifescapes** by various musicians
  - Flute/Harp Duets
- **Through the Great Smoky Mountains** by Nicolas Gunn
  - Flute
- **The Ultimate Four Seasons: Vivaldi’s Greatest Hit** by various musicians
  - Classical music of symphony, guitar, etc.

**DVDs** Videos with optional music for ambience & relaxation. The DVD player is on the TV.

- **Snow Day**
- **Endless Beach**
- **Fireside Reflections**

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