

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)*

1) Meditation; 2) Drawings: Visualizing your Unconscious; 3) Biofeedback, Thermal *(use with Stress Thermometer in cabinet)*; 4) Guided Imagery; 5) Breathing & Exercise; 6) Understanding Emotions; 7) Mindful and Healthful Eating; 8) Family History Using Genograms; 9) Science, Spirit & Healing; 10) Bringing It All Together

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