Mindfulness Based Cognitive Therapy (MBCT) Resources

Thank you for your interest in Mindfulness. Here are some helpful resources for you to learn more.

1. **Reading Material**

Finding Peace in a Frantic World (https://www.amazon.co.uk/Mindfulness-practical-guide-finding-frantic/dp/074995308X)

Better in Every Sense, Farb and Segal 2024 https://www.amazon.co.uk/Better-Every-Sense-Norman-Farb/dp/1399708163

Mindful Way through Depression (https://www.guilford.com/books/The-Mindful-Way-through-Depression/Williams-Teasdale-Segal-Kabat-Zinn/9781593851286#:~:text=The%20Mindful%20Way%20through%20Depression.%20Freeing%20Yourself%20from,cycle%20of%20chronic%20unhappiness%20once%20and%20for%20all.)

Mindfulness Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse https://www.amazon.co.uk/Mindfulness-Based-Cognitive-Therapy-Depression-Second/dp/1462537030/ref=sr_1_3?dchild=1&qid=1633004363&refinements=p_27%3AMark+Williams&s=books&sr=1-3

A Monks Guide to Happiness https://www.waterstones.com/book/a-monks-guide-to-happiness/gelong-thubten/9781473696686

Full Catastrophe Living (https://books.google.co.uk/books?id=fIuNDtnb2ZkC)

MBCT Full Reading List https://www.oxfordmindfulness.org/wp-content/uploads/2016/10/MBCT-Key-Reading-List.pdf

2. **Meditations (Apps and Online)**

Frantic World
http://franticworld.com

Oxford Mindfulness Centre https://www.oxfordmindfulness.org/free-online-mindfulness-course-sessions/. This organisation offers daily mindfulness sessions and I highly recommend them.

Dharma Seed (Buddhist teachings as well as MBCT teachings) https://dharmaseed.org

Tara Brach https://www.tarabrach.com

I am particularly fond of Jon Kabat Zinn and highly recommend his new App:
Jon Kabat Zinn App
https://play.google.com/store/apps/details?id=com.mindfulnessapps.jkz&hl=en_US&gl=US

Retreats

When you have attended an 8-week course, you will benefit from ongoing attendance on 1 day and then longer retreats when ready. Half day retreats are also on offer. In addition, have a look at the following organisation for longer retreats.
https://gaiahouse.co.uk
https://www.sharphamtrust.org
https://bodhi-college.org

Research

https://pubmed.ncbi.nlm.nih.gov/31774604/

https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)62222-4/fulltext

https://www.mindful.org/how-mindfulness-may-change-the-brain-in-depressed-patients/

https://www.health.harvard.edu/blog/can-mindfulness-change-your-brain-202105132455

Finally

A great little film

https://www.shannonharvey.com/pages/my-year-of-living-mindfully-documentary#:~:text=My%20Year%20of%20Living%20Mindfully%20is%20the%20new,disease%2C%20Shannon%20Harvey%20needed%20to%20make%20a%20change

And the Richard Curtis film 'About Time' has a profoundly mindful message:
https://www.imdb.com/title/tt2194499/

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(https://youtu.be/rDvi1zQcwzw)
https://www.astpsychology.co.uk/