DVs

Bringing stillness into everyday life.
Eckhart Tolle  DVD 204.4 Tolle

Good medicine [how to turn pain into compassion with Tonglen meditation]
Pema Chödrön  DVD 294.3 Good

Meditation for beginners: everything you need to know to start meditating now.
Jack Kornfield  DVD 294.3 Meditation

Mindful Living Every Day
Film by David Nelson
DVD 294.3 Nhat Hanh

Mindful Movements
DVD 294.3 Nhat Hanh

 Peace is every step: Meditation in action: The life & work of Thich Nhat Hanh
DVD 294.3 Nhat Hanh

The power of forgiveness.
DVD 179.9 Power

Practicing mindfulness: An introduction to Meditation.
DVD 158.12 Practicing

Smile at fear: A retreat with Pema Chodron on discovering your radiant self-confidence.
DVD 294.3 Smile

The Healthy Concord community assessment identified stress as a primary health concern among residents of all ages. Stress can have many negative affects on our physical and mental health, including cardiovascular complications, sleep disorders, obesity, depression, and more.

Healthy Concord aims to help reduce the impact of stress of our lives through education and activities. Programs and events offered by our partner organizations displaying this logo are working collaboratively to create a healthier place for us to live and work. You can learn more about stress reduction, and our other initiative on road safety at http://concordma.gov/Pages/ConcordMA_Thrive/
## CDs

**The art of mindful living.**  
By Thich Nhat Hanh  CD 294.34 Nhât Hanh

**Be grateful to everyone: An in-depth guide to the practice of ojong.**  
By Pema Chödrön  CD 294.3444 Chodron

**Don't bite the hook: finding freedom from anger, resentment, and other destructive emotions.**  
By Pema Chödrön  CD 158.1 Chodron

**Getting unstuck: Breaking your habitual patterns & encountering naked reality.**  
By Pema Chödrön  CD 294.3444 Chodron

**Guided mindfulness meditation.**  
By Jon Kabat-Zinn  CD 158.12 Kabat-Zinn

**Guided meditation: six essential practices to cultivate love, awareness, and wisdom.**  
By Jack Kornfield  CD 294.3443 Kornfield

**Happiness is an inside job: practicing for a joyful life.**  
By Sylvia Boorstein  CD 294.3 Boorstein

**How to meditate: A practical guide to making friends with your mind.**  
By Pema Chödrön  CD 294.3443 Chodron

**Living without stress or fear.**  
By Thich Nhât  CD 294.3443 Nhât

**Mindfulness@work.**  
By Daniel Goleman  CD 658.4 Goleman

**Mindfulness for beginners.**  
By Jon Kabat-Zinn  CD 158.12 Kabat-Zinn

## CDs

**Radical Acceptance: Embracing your life with the heart of a Buddha.**  
By Tara Brach  MP3 CD 294.344 Brach

**Real happiness: the power of meditation: A 28-day program.**  
By Sharon Salzberg  CD 294.3 Salzberg

**Self-compassion step by step: The proven power of being kind to yourself.**  
By Kristin Neff  CD 158.1 Neff

**Still the mind: an introduction to meditation.**  
By Alan Watts  CD 158.12 Watts

**Stress-proof your brain: meditations to rewire neural pathways for stress relief and unconditional happiness.**  
By Rick Hanson  CD 155.9042 Hanson

**The jewel of liberation: Essential teachings on the end of suffering.**  
By Jack Kornfield  CD 294.3444 Kornfield

**The mindful way through depression: freeing yourself from chronic unhappiness.**  
CD 616.8527 Mindful

**The miracle of mindfulness: An introduction to the practice of meditation.**  
By Thich Nhat Hahn  CD 294.34 Nhat Hanh

**The wisdom of no escape: and the path of loving-kindness.**  
By Pema Chödrön  CD 294.3443 Chödrön

**True refuge: finding peace and freedom in your own awakened heart.**  
By Tara Brach  CD 294.3444 Brach

## eAudiobooks

**8 keys to stress management: Simple and effective strategies to transform your experience of stress.**  
By Elizabeth Anne Scott

**Eight weeks to optimum health: A proven program for taking full advantage of your body's natural healing power.**  
By Andrew Weil

**Freeing yourself from anxiety: 4 simple steps to overcome worry and create the life you want.**  
By Tamar E. Chansky

**Meditation for beginners**  
By Jack Kornfield

**Mindfulness for beginners.**  
By Jon Kabat-Zinn

**Pain relief: Four proven meditation techniques you can use immediately.**  
By Shinzen Young

**The power of now: A guide to spiritual enlightenment.**  
By Eckhart Tolle

**This is water: Some thoughts, delivered on a significant occasion, about living a compassionate life.**  
By David Foster Wallace

**Twelve steps to a compassionate life.**  
By Karen Armstrong