

## AUTHORS/BOOKS

Pema Chodron

The Places that Scare You  
When Things Fall Apart

Bhante Henepola Gunaratana

Mindfulness in Plain English

Cheri Huber

The Fear Book  
Making a Change for Good: A compassionate guide to self discipline  
Being Present in the Darkness

Jon Kabat-Zinn

Full Catastrophe Living  
Everyday Blessings  
Wherever You go There You Are  
Coming to Our Senses  
[www.mindfulnesscds.com](http://www.mindfulnesscds.com)

Matthew McKay & Catharine Sutker

Leave Your Mind Behind

Sharon Salzberg

The Kindness Handbook  
Real Happiness  
Guided Meditations for Love and Wisdom (audio book)

Eckhart Tolle

The Power of Now  
A New Earth

Williams, Teasdale, Zegal and Zinn

A Mindful Way through Depression: Freeing yourself from chronic  
unhappiness

**MADISON COMMUNITY SITTINGS/ACTIVITIES (not an exhaustive list)**

Snowflower Sangha: Fridays 7-9 PM and Tuesdays 7-9 PM

Fridays: Friends Meeting House, 1704 Roberts Court (off Monroe Street)

Tuesdays: Trinity United Methodist Church, 1123 Vilas Avenue

Web site: [www.snowflower.org](http://www.snowflower.org)

Madison Insight Meditation Group: Sundays 6 –8 PM and Tuesdays 6:30 – 8 PM

Sundays: First Unitarian Society, 900 University Bay Drive

Tuesdays: 9638 Shadow Ridge Trail, Middleton, WI

Web site: [www.vipassana.net](http://www.vipassana.net) (has other links, including links to other sitting groups in Madison)

Madison Zen Center, early morning and evening sittings

1820 Jefferson Street

Web site: [www.madisonzen.org](http://www.madisonzen.org)

**WEB RESOURCES:**

[www.soundstrue.com](http://www.soundstrue.com)

Multiple resources

[www.dharmaseed.org](http://www.dharmaseed.org)

Multiple recordings from various teachers and other resources

[www.shinzen.org](http://www.shinzen.org)

Variety of resources and on-line learning and practices

[www.deancare.com/mindfulness](http://www.deancare.com/mindfulness)

Audio player with variety of practices

<http://www.fammed.wisc.edu/integrative/modules/meditation> Variety of practices