

STRESS MANAGEMENT RESOURCES

by the Lifestyle & Culinary Medicine Team at Rochester Regional Health

Books | Mindfulness

- *The Art of Forgiveness, Lovingkindness and Peace*; Jack Kornfield
- *Coming to our Senses*; Jon Kabat-Zinn
- *Fierce Self-Compassion*; Kristin Neff
- *Full Catastrophe Living*; Jon Kabat-Zinn
- *A Mindfulness-Based Stress Reduction Workbook*; Bob Stahl and Elisha Goldstein
- *The Miracle of Mindfulness*; Thich Nhat Hanh
- *A Path with Heart*; Jack Kornfield
- *Peace is Every Step*; Thich Nhat Hanh
- *Radical Acceptance*; Tara Brach
- *Radical Compassion*; Tara Brach
- *Real Happiness*; Sharon Salzberg
- *Self-Compassion*; Kristin Neff
- *True Refuge*; Tara Brach
- *Welcoming the Unwelcome*; Pema Chodron
- *When Things Fall Apart*; Pema Chodron
- *Wherever You Go, There You Are*; Jon Kabat-Zinn

Books | Personal Growth

- *The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma*; Bessel van der Kolk
- *Childhood Disrupted*; Donna Jackson Nakazawa
- *The Choice*; Edith Eva Eger
- *Consolations*; David Whyte
- *The Gift: 14 Lessons to Save Your Life*; Edith Eva Eger
- *Ikigai: The Japanese Secret to a Long and Happy Life*; Hector Garcia, Francesc Miralles
- *A New Earth: Awakening to Your Life's Purpose*; Eckhart Tolle
- *To Bless the Space Between Us*; John O'Donohue
- *Full Catastrophe Living*; Jon Kabat-Zinn
- *Man's Search for Meaning*; Viktor Frankl
- *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture*; Gabor Mate
- *The Power of Now*; Eckhart Tolle
- *To Bless the Space Between Us*; John O'Donohue
- *The Untethered Soul: The Journey Beyond Yourself*; Michael A. Singer
- *When the Body Says No: The Cost of Hidden Stress*; Gabor Mate

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Online Communities, Courses and Podcasts

- The Awake Network
- Kripalu
- Mindful-Healthy Mind, Healthy Life
- Omega Institute
- The On Being Project
- Sounds True
- Spirit Rock
- Tara Brach Podcasts
- Ten Percent Happier
- UCLA Mindfulness Awareness Research Center
- UCSD Center for Mindfulness
- UMass Memorial Health Center for Mindfulness
- Rochester Lifestyle Medicine Institute: The Lift Project

Guided meditations and sleep stories

- [Dermot Whelan](#) – consider starting your day with his wonderful 10 minute morning meditation
- [The Honest Guys \(YouTube\)](#)

Apps

- Better Sleep (formerly Relax Melodies)
- Calm
- Headspace
- Insight Timer-free
- Plum Village-free
- Ten Percent Happier Meditation
- UCLA Mindful-free

Staff-favorite poets and poems for reflection

- Wendell Berry, “The Peace of Wild Things”
- Barbara Crocker, “In the Middle”
- John O’Donohue, “A Morning Offering”
- Mary Oliver, “The Summer Day”, “The Journey”, and “Wild Geese”
- David Whyte, “Everything is Waiting for You”, “Sweet Darkness”
 - [\(audio versions available\)](#)