



# THE COUNSELING AND WELLNESS C E N T E R

## References

Here are some of our favorite books that we feel are a great adjunctive to the clinical work that you do with your clinicians at the Counseling & Wellness Center (in no particular order):

Author	Title	Publisher	Comments
Russ Harris	The Happiness Trap	Trumpeter	Great self help group with techniques to use
Eckhart Tolle	The Power of Now and "A New Earth..."	New World Library	A more spiritual book written to express the benefits of living in the present moment.
Paramahansa Yogananda	Autobiography of a Yogi	Self-Realization Fellowship	The story of one of the founding fathers of yoga in the West.
Pema Chodron	Many titles such as "When things fall apart..." "Living beautifully" "The places that scare you" "How to meditate"	Various	Books that are self-help oriented and instruct the reader from the perspective of a Buddhist.
John Zabat-Zinn	"Wherever you go, there you are" "Full catastrophe living" and "Mindfulness for beginners"	Bantam and Sounds True	Kabat-Zinn arguably brought mindfulness to the West and integrated it with Therapy
Kiera Van Gelder	The Borderline and the Buddha	New Harbinger Publications	An autobiography about a womans experience with her own Borderline and finding Buddhism
Tom Bunn	Soar: The breakthrough treatment for fear of flying	Lyons Press	A great resource for those suffering from plane phobia.
Thich Nhat Hanh	Many titles such as "Peace is every step" "True Love..." "The miracle of mindfulness..."	Various	A great writer who offers instruction on aspects of mindfulness and Buddhism for the lay person.
David Burns	"Feeling Good"	Harper	Self help and utilization of CBT
Aaron and Judith Beck	Many Titles!	Various	Some of the greatest CBT clinicians ever.
Brene Brown	Daring Greatly	Various	Author and researcher and known for famous TED talk on vulnerability
Charles Duhigg	The Power of Habit	Random House	How to learn new behaviors and not just accept habits.