# Resource List

Here are just a few resources for MBSR and tai chi. Please contact Aimée Todd-Pillman, PsyD with further questions or comments at 610-988-9054 or todd-pillmana@readinghospital.org

**Meditation CDs**

1. Jon Kabat-Zinn's meditation CD series. May order from http://www.mindfulnesscds.com/about.html or University of Massachusetts Bookstore at 508-856-3213. Series 1 – 45 minutes, Series 2 – 10, 20, or 30 minutes, Series 3 10-45 minutes.

2. Saki Santorelli: Director Center for Mindfulness at University of Massachusetts.

   5 CDs/Tapes: $35/set + $4 shipping and handling. 15-to-20 minute meditations including Loving Kindness for the Body, Opening Your Heart to Life, Awareness of Breathing, Cultivating Compassion. These are designed to accompany the book *Heal Thy Self*.

   To order, write to/make check payable to:
   Guest-House Tapes
   P.O. Box 1050
   Belchertown, MA 01007

3. Sounds True Audio

   www.soundstrue.com : A variety of meditation books, presentations by meditation teachers and guided meditations on CD and digital download. Meditation teachers include:

- Sylvia Boorstein - *Happiness is an Inside Job*, *Pay Attention for Goodness' Sake*

- Tara Brach - *Radical Acceptance*

4. Dharma Seed Tape Library

   www.dharmaseed.org :Guided mindfulness meditation CDs and teachers' presentations on fundamental principles of practice.

5. A Mindfulness-Based Stress Reduction Workbook by Bob Stahl and Elisha Goldstein – CD included with meditations.

**Tai Chi**

http://www.berkstaichi.com/ : Jan Gyomber – Holds class at The Reading Hospital for Post Acute Rehabilitation 2802 Papermill Road, Wyomissing, PA – free class. Also has a class at the Yoga Inlet.

**Autoimmune references**


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Hankin, V. (2009) Mindfulness-Based Stress Reduction for Couples Facing Multiple Sclerosis: Impact on Self-Reported Anxiety and Uncertainty. Retrieved from http://udini.proquest.com/view/mindfulness-based-stress-reduction-pqid:1917591401/

Mills, N. & Allen, J. (2000) Mindfulness of movement as a coping strategy in multiple sclerosis. A pilot study. *General Hospital Psychiatry.* 22(6):425-31.

Bernhard, J., Kristeller, J. and Kabat-Zinn, J. Effectiveness of relaxation and visualization techniques as an adjunct to phototherapy and photochemotherapy of psoriasis. *J. Am. Acad. Dermatol.* (1988) 19:572-73.

Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M.S., Cropley, T. G., Hosmer, D., and Bernhard, J. Influence of a mindfulness-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy (UVB) and photochemotherapy (PUVA) *Psychosomat Med* (1998) 60: 625-632.

Relman, A, Kabat-Zinn, J., Hosmer, D. and Riley, D. Parsing the data: An examination of a study on meditation and the treatment of psoriasis. Advances in Mind-Body Medicine (2001) 17:66-77.