

Suggested Readings

Following are just a few of the many books that communicate a sane and inspiring approach to working gently with our body and minds on illness, healing and death and dying (in alphabetical order).

Boundless Healing by Tulku Thondup

Close to the Bone: Life-Threatening Illness as a Soul Journey by Jean Shinoda Bolen, M.D.

Emotional Alchemy: How the Mind Can Heal the Heart by Tara Bennett-Goleman

Falling Upward: A Spirituality for the Two Halves of Life by Richard Rohr

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn

Healing Meditations- Simple Exercises for Health, Peace and Well-Being by Tulku Thondup

How to be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers by Toni Bernhard

How to Live Well with Chronic Pain and Illness: A Mindful Guide by Toni Bernhard

Living Beautifully: with Uncertainty and Change by Pema Chodron

Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering by Vidyamala Burch

Lotus in the Fire – The Healing Power of Zen by Jim Bedard

Making Friends with Death: A Buddhist Guide to Encountering Mortality by Judith Lief

Radical Acceptance: Embracing Your Life with the Heart of a Buddha by Tara Brach

The Healing Path by Mark Barasch

The Places that Scare You: A Guide to Fearlessness in Difficult Times by Pema Chodron

The Tibetan Book of Living and Dying by Sogyal Rinpoche

Turning the Mind into an Ally by Sakyong Mipham Rinpoche

Please Note: If you have a favorite book that is not on this list that has touched you and helped you to work with illness and healing, I'd like to hear from you. Please write to Jeff Rubin at jjrubin@gmail.com.