



Suggested Reading & Listening List

Titles by or about IMS Teachers

(by author, in alphabetical order)

Sylvia Boorstein

That's Funny, You Don't Look Buddhist
It's Easier Than You Think
Don't Just Do Something, Sit There
Pay Attention for Goodness Sake
Happiness Is an Inside Job: Practicing for a Joyful Life

Sandy Boucher

Dancing in the Dharma: The Life and Teachings of Ruth Denison

Tara Brach

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

Christina Feldman

Woman Awake
The Quest of the Warrior Woman
Soul Food (Stories of the Spirit, Stories of the Heart) *(with Jack Kornfield)*
Principles of Meditation
The Buddhist Path to Simplicity
Silence
Heart of Wisdom, Mind of Calm
Compassion
The Way of Meditation

Joseph Goldstein

A Heart Full of Peace
Abiding in Mindfulness, Volume I: The Body *(audio)*
Abiding in Mindfulness, Volume II: On Feeling, the Mind & Dhamma *(audio)*
Insight Meditation: The Practice of Freedom
Seeking the Heart of Wisdom *(with Jack Kornfield)*
The Experience of Insight
One Dharma: The Emerging Western Buddhism
Insight Meditation Correspondence Course *(audio, with Sharon Salzberg)*
Insight Meditation: A Step-by-Step Course on How to Meditate *(audio, with Sharon Salzberg)*

Bhante Gunaratana

Mindfulness in Plain English
Eight Mindful Steps to Happiness
Journey to Mindfulness: The Autobiography of Bhante G.

Jack Kornfield

A Wise Heart
A Path with Heart
Living Dharma
After the Ecstasy, the Laundry

The Art of Forgiveness, Lovingkindness, and Peace
Seeking the Heart of Wisdom (*with Joseph Goldstein*)
A Still Forest Pool (*with Paul Breiter, ed.*)
Soul Food (Stories of the Spirit, Stories of the Heart) (*with Christina Feldman*)
Teachings of the Buddha (*ed. with Gil Fronsdal*)
Buddha's Little Instruction Book

Narayan Liebenson Grady

When Singing, Just Sing

Sayadaw U Pandita

In This Very Life: The Liberation Teachings of the Buddha
The State of Mind Called Beautiful

Larry Rosenberg

Breath by Breath
Living in the Light of Death

Sharon Salzberg

Unplug: An Interactive Kit
Lovingkindness: The Revolutionary Art of Happiness
A Heart as Wide as the World
Faith: Trusting Your Own Deepest Experience
The Force of Kindness
Voices of Insight (ed.)
Insight Meditation Correspondence Course (*audio, with Joseph Goldstein*)
Insight Meditation: A Step-by-Step Course on How to Meditate (*audio, with Joseph Goldstein*)

Amy Schmidt

Dipa Ma: The Life and Legacy of a Buddhist Master

Rodney Smith

Lessons From the Dying

Titles by Topic

(*alphabetized by title, within each topic*)

Insight and Lovingkindness Meditation Guidance

The Experience of Insight	Joseph Goldstein
The Four Foundations of Mindfulness	U Silananda
The Heart of Buddhist Meditation	Nyanaponika Thera
In This Very Life: The Liberation Teachings of the Buddha	Sayadaw U Pandita
Lovingkindness: The Revolutionary Art of Happiness	Sharon Salzberg
Mindfulness in Plain English	Bhante Gunaratana

The Buddhist Tradition

The Buddhist Religion	Robinson & Johnson
The Foundations of Buddhism	Rupert Getthin
The Heart of the Buddha's Teachings	Thich Nhat Hanh
The Story of Buddhism	Donald Lopez

Suttas: The Discourses of the Buddha (Commentaries)

Anguttara Nikaya: An Anthology	Nyanaponika Thera, tr.	
The Connected Discourses of the Buddha: A New Translation of the Samyutta Nikaya	Ananda Maitreya	Bhikkhu Bodhi
The Dhammapada	Narada Thera, tr.	
The Dhammapada	Gil Fronsdal, tr.	
The Dhammapada	Thanissaro Bhikkhu, tr.	
Handful of Leaves	Thanissaro Bhikkhu, tr.	
In the Buddha's Words: An Anthology of Discourses from the Pali Canon		Bhikkhu Bodhi, ed.
The Long Discourses of the Buddha: A Translation of the Digha Nikaya		Maurice Walshe
The Middle Length Discourses of the Buddha: A New Translation of the Majjhima Nikaya		Bhikkhu Nanamoli & Bhikkhu Bodhi
Sellekha Sutta (& commentary)	Mahasi Sayadaw	
Splendor of Enlightenment: A Life of the Buddha, 2 vols.	Phra Khantipalo	
The Sutta Nipata	H. Saddhatissa, tr.	
Word of the Buddha	Nyanatiloka	
Treasury of the Buddha's Words, 3 vols.	Ven. Nyanamoli, tr., Phra Khantipalo, ed.	

Theravada Buddhism

Being Dharma: The Essence of the Buddha's Teachings	Ajahn Chah
Being Nobody, Going Nowhere	Ayya Khema
The Buddha and His Teaching	Narada Thera
A Comprehensive Manual of Abhidhamma	Bhikkhu Bodhi, ed.
Heartwood of the Bodhi Tree	Buddhadasa Bhikkhu
The Noble Eightfold Path	Bhikkhu Bodhi
The Path of Purification (Visuddhi Magga)	Bhikkhu Nanamoli, tr.
The Path to Deliverance	Nyanatiloka
Theravada Buddhism	Richard Gombrich
The Vision of Dhamma	Nyanaponika Thera
What the Buddha Taught	Walpola Rahula
Wheel of Dhamma	Mahasi Sayadaw
Wings to Awakening	Thanissaro Bhikkhu

Buddhism in the West

The Awakening of the West	Stephen Batchelor
Buddhism in America	Richard Hughes Seager
How the Swans Came to the Lake	Rick Fields

Other Books on Mindfulness

Full Catastrophe Living	Jon Kabat-Zinn
A Gradual Awakening	Stephen Levine
Wherever You Go, There You Are	Jon Kabat-Zinn

Buddhist Books for Children

The Jataka Tales Series	Dharma Publishing
Prince Siddhartha	Jonathan Landaw
The Mountains of Tibet	Mordicai Gerstein
The Buddha's Question	William Woodin Rowe
A Treasury of Wise Action: Jataka Tales of Compassion & Wisdom	Yeshe De Project

Buddhist Books on Parenting

Baby Buddhas
Buddhism for Mothers
Dharma Family Treasures
Everyday Blessings
Teaching Meditation to Children
The Family Meditation Book

Lisa Desmond
Sarah Naphali
Sandy Eastoak, ed.
Myla & Jon Kabat-Zinn
Fontana & Slack
Kerry Lee MacLean

Buddhist Books for Youth/Teens

Blue Jean Buddha: Voices of Young Buddhists
Buddha in Your Backpack
The Buddha's Apprentices
Dharma Punx
Just Say Om
Pure Heart, Enlightened Mind
Wide Awake: A Buddhist Guide for Teens

Sumi Loundon, ed.
Franz Metcalf
Sumi Loundon
Noah Levine
Soren Gordhamer
Maura O'Halloran
Diana Winston

People of Color and Buddhism

Dharma, Color, and Culture
Dreaming Me
Meeting Faith

Hilda Gutierrez Baldoquin, ed.
Janice Willis
Faith Adiele

Socially Engaged Buddhism

Buddhist Peacework
Dharma Rain
Engaged Buddhism in the West
Peace is Every Step

David Chappell, ed.
Kenneth Kraft & Stephanie Kaza, eds.
Chris Queen, ed.
Thich Nhat Hanh

Women and Buddhism

Buddhism After Patriarchy
The First Buddhist Women
Meeting the Great Bliss Queen
Women's Buddhism, Buddhism's Women

Rita Gross
Susan Murcott, tr.
Anne C. Klein
Ellison Findly, ed.

Interfaith

The Good Heart
The Jew in the Lotus
Living Buddha, Living Christ

His Holiness the Dalai Lama
Rodger Kamenetz
Thich Nhat Hanh

Buddhism and Psychology

Buddhist Practice on Western Ground: Reconciling
Eastern Ideals & Western Psychology
Mindfulness and Psychotherapy
The Principles of Buddhist Psychology
Thoughts Without a Thinker

Harvey Aronson
Christopher Germer, Ronald Siegel, and
Paul Fulton (eds.)
David Kalupahana
Mark Epstein

Mindfulness-Based Practices and Programs in Medicine, Psychology, Neuroscience and Society

Coming to Our Senses: Healing Ourselves and the World
Through Mindfulness

Jon Kabat-Zinn

Contemplative Science: Where Buddhism & Neuroscience
Converge
Destructive Emotions
Heal Thy Self: Lessons on Mindfulness in Medicine
Healing Emotions
The Joy of Living: Unlocking the Secret & Science
of Happiness
The Mindful Brain
The Mindful Way Through Depression: Freeing Yourself
From Chronic Unhappiness
Mindfulness-Based Cognitive Therapy for Depression
Mindfulness and Psychotherapy

Train Your Mind, Change Your Brain: How a New Science
Reveals Our Extraordinary Potential to Transform
Ourselves

B. Alan Wallace

Daniel Goleman
Saki Santorelli
Daniel Goleman
Mingyur Rinpoche

Daniel J. Siegel
Mark Williams, John Teasdale, Zindel Segal, and
Jon Kabat-Zinn
Zindel Segal, Mark Williams, and John Teasdale
Christopher Germer, Ronald Siegel, and
Paul Fulton (eds.)
Sharon Begley

Other Widely-Read Dharma Books

The Art of Happiness
Buddhism Without Beliefs
Cutting Through Spiritual Materialism
Ethics for the New Millenium
Great Disciples of the Buddha
The Meditative Mind
The Miracle of Mindfulness
One Robe, One Bowl
Tibetan Book of Living and Dying
Zen Mind, Beginner's Mind

His Holiness the Dalai Lama
Stephen Batchelor
Chogyam Trungpa
His Holiness the Dalai Lama
Nyanaponika Thera & Hellmuth Hecker
Daniel Goleman
Thich Nhat Hanh
Ryokan (Stevens, tr.)
Sogyal Rinpoche
Suzuki Roshi
