



## Suggested Reading & Listening List

### Titles by or about IMS Teachers

(by author, in alphabetical order, books are listed in reverse chronological 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**

Beyond Mindfulness in Plain English  
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

## **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**

The Kindness Handbook  
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  
The Foundations of Buddhism  
The Heart of the Buddha's Teachings  
The Story of Buddhism

Robinson & Johnson  
Rupert Gethin  
Thich Nhat Hanh  
Donald Lopez

## **Theravada Buddhism**

Being Dharma: The Essence of the Buddha's Teachings  
Being Nobody, Going Nowhere  
The Buddha and His Teaching  
A Comprehensive Manual of Abhidhamma  
Heartwood of the Bodhi Tree  
The Noble Eightfold Path  
The Path of Purification (Visuddhi Magga)  
The Path to Deliverance  
Theravada Buddhism  
The Vision of Dhamma  
What the Buddha Taught  
Wheel of Dhamma  
Wings to Awakening

Ajahn Chah  
Ayya Khema  
Narada Thera  
Bhikkhu Bodhi, ed.  
Buddhadasa Bhikkhu  
Bhikkhu Bodhi  
Bhikkhu Nanamoli, tr.  
Nyanatiloka  
Richard Gombrich  
Nyanaponika Thera  
Walpola Rahula  
Mahasi Sayadaw  
Thanissaro Bhikkhu

## ***Suttas*: The Discourses of the Buddha (Commentaries)**

Anguttara Nikaya: An Anthology  
The Connected Discourses of the Buddha:  
    A New Translation of the Samyutta Nikaya  
The Dhammapada  
The Dhammapada  
The Dhammapada  
The Dhammapada  
Handful of Leaves  
In the Buddha's Words:  
    An Anthology of Discourses from the Pali Canon  
The Long Discourses of the Buddha:  
    A Translation of the Digha Nikaya  
The Middle Length Discourses of the Buddha:  
    A New Translation of the Majjhima Nikaya  
Sellekha Sutta (& commentary)  
Splendor of Enlightenment: A Life of the Buddha, 2 vols.  
The Sutta Nipata  
Word of the Buddha  
Treasury of the Buddha's Words, 3 vols.

Nyanaponika Thera, tr.

Bhikkhu Bodhi  
Ananda Maitreya  
Narada Thera, tr.  
Gil Fronsdal, tr.  
Thanissaro Bhikkhu, tr.  
Thanissaro Bhikkhu, tr.

Bhikkhu Bodhi, ed.

Maurice Walshe

Bhikkhu Nanamoli & Bhikkhu Bodhi  
Mahasi Sayadaw  
Phra Khantipalo  
H. Saddhatissa, tr.  
Nyanatiloka  
Ven. Nyanamoli, tr., Phra Khantipalo, ed.

## **Buddhism in the West**

The Awakening of the West  
Buddhism in America  
How the Swans Came to the Lake

Stephen Batchelor  
Richard Hughes Seager  
Rick Fields

## **Other Books on Mindfulness**

Full Catastrophe Living  
A Gradual Awakening  
Wherever You Go, There You Are

Jon Kabat-Zinn  
Stephen Levine  
Jon Kabat-Zinn

## **Buddhist Books for Children**

The Buddha's Question	William Woodin Rowe
Each Breath A Smile	Thich Nhat Hanh
The Jataka Tales Series	Dharma Publishing
Moody Cow Meditates	Kerry Lee MacLean
The Mountains of Tibet	Mordicai Gerstein
Peaceful Piggy Meditation	Kerry Lee MacLean
Prince Siddhartha	Jonathan Landaw
A Treasury of Wise Action: Jataka Tales of Compassion & Wisdom	Yeshe De Project

## **Buddhist Books on Parenting**

Baby Buddhas	Lisa Desmond
Buddhism for Mothers	Sarah Naphthali
Dharma Family Treasures	Sandy Eastoak, ed.
Everyday Blessings	Myla & Jon Kabat-Zinn
The Family Meditation Book	Kerry Lee MacLean
Karma Kids	Greg Holden
Momfulness	Denise Roy
Teaching Meditation to Children	Fontana & Slack

## **Buddhist Books for Youth/Teens**

Blue Jean Buddha: Voices of Young Buddhists	Sumi Loundon, ed.
Buddha in Your Backpack	Franz Metcalf
The Buddha's Apprentices	Sumi Loundon
Dharma Punx	Noah Levine
Just Say Om	Soren Gordhamer
Pure Heart, Enlightened Mind	Maura O'Halloran
Wide Awake: A Buddhist Guide for Teens	Diana Winston

## **People of Color and Buddhism**

Dharma, Color, and Culture	Hilda Gutierrez Baldoquin, ed.
Dreaming Me	Janice Willis
Meeting Faith	Faith Adiele

## **Socially Engaged Buddhism**

Buddhist Peacework	David Chappell, ed.
Dharma Rain	Kenneth Kraft & Stephanie Kaza, eds.
Engaged Buddhism in the West	Chris Queen, ed.
Peace is Every Step	Thich Nhat Hanh

## **Women and Buddhism**

Buddhism After Patriarchy	Rita Gross
The First Buddhist Women	Susan Murcott, tr.
Meeting the Great Bliss Queen	Anne C. Klein
Women's Buddhism, Buddhism's Women	Ellison Findly, ed.

## **Interfaith**

The Good Heart	His Holiness the Dalai Lama
The Jew in the Lotus	Rodger Kamenetz
Living Buddha, Living Christ	Thich Nhat Hanh
Mind in the Balance: Meditation in Science, Buddhism and Christianity	B. Alan Wallace

## **Buddhism and Psychology**

Buddhist Practice on Western Ground: Reconciling Eastern Ideals & Western Psychology	Harvey Aronson
The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions	Christopher Germer
Mindfulness and Psychotherapy	Christopher Germer, Ronald Siegel, and Paul Fulton (eds.)
The Principles of Buddhist Psychology	David Kalupahana
Thoughts Without a Thinker	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	B. Alan Wallace
Destructive Emotions	Daniel Goleman
Heal Thy Self: Lessons on Mindfulness in Medicine	Saki Santorelli
Healing Emotions	Daniel Goleman
The Joy of Living: Unlocking the Secret & Science of Happiness	Mingyur Rinpoche
The Mindful Brain	Daniel J. Siegel
The Mindful Path to Self-Compassion: Freeing Yourself From Destructive Thoughts and Emotions	Christopher Germer
The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness	Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn
Mindfulness-Based Cognitive Therapy for Depression	Zindel Segal, Mark Williams, and John Teasdale
Mindfulness and Psychotherapy	Christopher Germer, Ronald Siegel, and Paul Fulton (eds.)
Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves	Sharon Begley

## **Other Widely-Read Dharma Books**

The Art of Happiness	His Holiness the Dalai Lama
Buddhism Without Beliefs	Stephen Batchelor
Cutting Through Spiritual Materialism	Chogyam Trungpa
Ethics for the New Millenium	His Holiness the Dalai Lama
Great Disciples of the Buddha	Nyanaponika Thera & Hellmuth Hecker
The Meditative Mind	Daniel Goleman
The Miracle of Mindfulness	Thich Nhat Hanh
One Robe, One Bowl	Ryokan (Stevens, tr.)
Tibetan Book of Living and Dying	Sogyal Rinpoche
Zen Mind, Beginner's Mind	Suzuki Roshi

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