

Resources

Books:

- Anālayo Bhikkhu (2006). **Satipatthāna. The Direct Path to Realization.** Windhorse.
- Anālayo, Bhikkhu (2018). **Satipaṭṭhāna Meditation: A Practice Guide.** Windhorse.
- Bodhi, Bhikkhu (2005). **In the Buddha's Words: An Anthology of Discourses from the Pali Canon.** Wisdom.
- Bodhi, Bhikkhu (2006). **The Noble Eightfold Path.** BPS Pariyatti Editions
- Chödrön, Pema (2001). **When Things Fall Apart: Heart Advice for Difficult Times.** Shambala.
- Feldman, Christina (2017). **Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy, and Equanimity.** Shambala.
- Feldman Christina & Kuyken, Willem (2019). **Mindfulness: Ancient Wisdom Meets Modern Psychology.** The Guilford Press
- Goldstein, Joseph (2017). **The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation.** Shambala.
- Goldstein, Joseph (2016). **Mindfulness - A practical guide to awakening.** Boulder: Sounds true.
- Kornfield, J. (2017). **A Path with Heart. A Guide Through the Perils and Promises of Spiritual Life.** Bantam.
- Kornfield, J. (1996). **Teachings of the Buddha.** Shambala.
- Nyānaponika (1993). **The Heart of Buddhist Meditation: The Buddha's Way of Mindfulness.**
- Salzberg, S. (2002). **Lovingkindness: The Revolutionary Art of Happiness.** Shambala.
- Stahl, Bob (2019). **A Mindfulness-Based Stress Reduction Workbook.** New Harbinger Publications.
- Sucitto, Ajahn (2019). **Buddha-Nature, Human Nature.** Amaravati Publications.
- Wolf, Christiane (2015). **Clinician's Guide to Teaching Mindfulness.** New Harbinger Publications.

Resources on the web

- dharmaseed.org: Platform for Dharmataalks from the Insight Meditation Tradition.
- suttacentral.net: Early discourses
- accesstoinsight.org: Early Buddhist discourses and Theravada texts.