

Mindfulness for Administrators and Teachers:

A Bibliography of Resources

November 2015

Stewart Resources Centre

Saskatchewan Teachers' Federation
2317 Arlington Avenue, Saskatoon, SK S7J 2H8
Telephone: 306-373-1660 Email: src@stf.sk.ca



*Annotations have been excerpted and/or adapted from descriptions provided by the publishers.

152.47 B821

Brantley, Jeffrey; Millstine, Wendy

Daily meditations for calming your angry mind : mindfulness practices to free yourself from anger

Oakland, CA: New Harbinger Publications, Inc., 2015.

Summary: In this book Brantley details three different approaches, based in mindfulness and meditative perspectives, to take control of your anger and your life. Firstly, you'll learn to disengage from your anger by pausing to be mindful when anger is happening. Secondly, you'll discover ways to use meditative practices to cool your anger and nurture kindness and compassion towards yourself and others. And thirdly, you'll find tips for practicing mindfulness to transform your understanding and realize your anger is not an identity, a defect, or a permanent condition. These three practical and easy-to-use approaches to anger management have a strong basis in both ancient and modern traditions. With this book as your guide, you can finally overcome the tumultuous thoughts, feelings, and reactions that have been holding you back in life.

Subjects: Meditation. Anger.

152.47 S697

Somov, Pavel

Anger management jumpstart : a 4-session mindfulness path to compassion and change

Eau Claire, WI: PESI, Inc., 2013.

Summary: This book is a brief, field-tested clinical curriculum for breaking the impasse of chronic anger (either for a clinician or a self-helper). This solution-focused approach introduces four core mindfulness-powered change modalities: Impulse Control Training, Choice Awareness Training, Symbolic Threat Inoculation, and Somatic Emotional Self-regulation Training.

Subjects: Conflict management. Anger. Anger Treatment.

158.1 S571

Siegel, Daniel J.

Mindsight : the new science of personal transformation

New York, NY: Bantam Books, 2010.

Summary: This book offers exciting new proof that people aren't hardwired to behave in certain ways, but instead have the ability to harness the power of their minds to resculpt the neural pathways of their brains.

Subjects: Mind and body therapies. Mind and body. Mindfulness-based cognitive therapy.

158.12 A469

Altman, Donald

The mindfulness toolbox : 50 practical mindfulness tips, tools, and handouts for anxiety, depression, stress, and pain

Eau Claire, WI: PESI Publishing & Media, 2014.

Subjects: Thought and thinking. Self-actualization (Psychology). Mindfulness-based cognitive therapy. Anxiety. Meditation Therapeutic use.

158.12 B667

Bodian, Stephan

Meditation for dummies

Hoboken, NJ: John Wiley & Sons, Inc., 2012.

Summary: This book offers the opportunity to learn and to explore effective meditation techniques, to develop your own meditation practice, to meditate for stress reduction, spiritual growth, and enhanced health and well-being.

Subjects: Mental health. Relaxation. Mind and body. Meditation.

158.12 B796

Brach, Tara

Mindfulness meditation : nine guided practices to awaken presence and open your heart [CD]

Boulder, CO: Sounds True, 2012.

Summary: Brach teaches people to find the tools to walk the path of mindful awareness and connect with their innate capacity for love, clarity, and inner peace.

Subjects: Mental health. Meditation.

158.12 G996

Gyatso, Kelsang

Meditations for relaxation : three guided meditations to relax body and mind [CD]

Toronto, ON: Tharpa, 2014.

Summary: This CD features simple meditations for daily life from the Buddhist tradition.

Subjects: Buddhist mediation. Mind and body. Mental health. Meditation. Relaxation.

158.12 N195

Naparstek, Belleruth

Guided imagery mix : six brief meditations for mind, body & spirit [CD]

Akron, OH: Health Journeys, 2010.

Summary: This mix of six brief guided imagery segments was re-engineered and remixed from favorite titles into self-contained clips, to provide quick access to a relaxed, healing mind state - especially useful when time is short. It includes imagery for Favorite Place, Sitting in the Seat of the Heart, Surrounded by Protection, Walking Meditation, Settling into the Body and Affirmations for Healing the Heart.

Subjects: Mind and body. Relaxation. Meditation.

158.12 S634

Sluyter, Dean

Natural meditation : a guide to effortless meditative practice

New York, NY: Jeremy P. Tarcher/Penguin, 2015.

Subjects: Meditation.

158.7 G318

Gelles, David

Mindful work: how meditation is changing business from the inside out

Boston, MA: Houghton Mifflin Harcourt, 2015.

Summary: This book explains how such mindfulness practices as meditation and yoga have helped lower stress and increase mental focus for employees, and offers real-world examples of how mindfulness has benefited large corporations.

Subjects: Leadershipô Psychological aspects. Meditation. Mind and body.

158.72 E16

Eblin, Scott

Overworked and overwhelmed : the mindfulness alternative

Hoboken, NJ: Wiley, 2014.

Summary: Leverage mindful awareness and intention to achieve better outcomes. This book offers practical insights for the executive, manager or professional who feels like their RPM is maxed out in the red zone. By making the concepts and practices of mindfulness simple, practical and applicable, this book offers hope for today's overworked and overwhelmed professional. New research shows that the smartphone equipped professional is connected to work 72 hours a week. Forty-eight percent of Americans report that their stress level is up and that the number one source of stress is the job pressure of a 24/7 world. What's the alternative?

Subjects: Job stress. Time management. Stress management. Quality of life. Quality of work life. Workô Psychological aspects.

204 B369

Beattie, Melody

The language of letting go journal : a meditation book and journal for daily reflection

Center City, MN: Hazelden, 2003.

Subjects: Codependencyô Religious aspectsô Meditations. Devotional calendars.

204.35 M648

Miller, John P.

The contemplative practitioner : meditation in education and the workplace

Toronto, ON: University of Toronto Press, 2014.

Subjects: Educatorsô Religious life. Contemplation. Meditation.

294.34435 M664

Boyce, Barry Campbell, Ed.

The mindfulness revolution : leading psychologists, scientists, artists, and meditation teachers on the power of mindfulness in daily life

Boston, MA : Shambhala, 2011.

Summary: A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health. Countless people who have tried it say it's improved their quality of life. Simply put, mindfulness is the practice of paying steady and full attention, without judgment or criticism, to our moment-to-moment experience. Here is a collection of the best writing on what mindfulness is, why we should practice it, and how to apply it in daily life, from leading figures in the field.

Subjects: Experience. Perception. Awareness. Cognition.

294.34435 T871

Trungpa, Chögyam

Mindfulness in action : making friends with yourself through meditation and everyday awareness

Boston, MA: Shambhala, 2015.

Subjects: Meditationô Buddhism.

294.3444 H251

Hanson, Rick

Just one thing : developing a Buddha brain one simple practice at a time

Oakland, CA: New Harbinger Pub., Inc., 2011.

This guide offers simple things you can do routinely, mainly inside your mind, that will support and increase your sense of security and worth, resilience, effectiveness, well-being, insight, and inner peace. For example, they include: taking in the good, protecting your brain, feeling safer, relaxing anxiety about imperfection, not knowing, enjoying your hands, taking refuge, and filling the hole in your heart.

Subjects: Wisdom. Meditationô Buddhism. Buddhism and science. Happiness.

294.3444 R584

Rinzler, Lodro

The Buddha walks into the office : a guide to livelihood for a new generation

Boston, MA: Shambhala, 2014.

Subjects: Businessô Religious aspectsô Buddhism. Interpersonal relationshipsô Religious aspectsô Buddhism. Quality of work life. Spiritual lifeô Buddhism.

294.5435 P961

Pritz, Alan L.

Meditation as a way of life : philosophy and practice rooted in the teachings of Paramahansa Yogananda

Wheaton, IL: Quest Books, 2014.

Subjects: Yogananda, Paramahansa, 1893-1952. Meditation.

294.5436 I97

Iyengar, B.K.S.

The tree of yoga

Boston, MA: Shambhala, 2002.

Subjects: Yoga.

362.25 M663

Williams, J. Mark G., Ed.

The mindful way through depression

New York, NY: Guildford Press, 2007.

Summary: This book explains why our usual attempts to "think" our way out of a bad mood, or just "snap out of it," lead us deeper into the downward spiral. Through lessons drawn from both Eastern meditative traditions and cognitive therapy, the authors demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, to face life's challenges with greater resilience.

Subjects: Depression, Mental. Happiness. Attention.

370.1523 S775

Srinivasan, Meena

Teach, breathe, learn

Berkeley, CA: Parallax Press, 2014.

Subjects: Awarenessô Study and teaching. Emotions and cognition. Learning, Psychology of. Mindfulness-based cognitive therapy. Attentionô Study and teaching.

371.10019 L911

Lovewell, Kathryn

Every teacher matters : inspiring well-being through mindfulness

St Albans, Herts: Ecademy Press, 2012.

Summary: Why is it that so little investment is made in supporting teachers to ensure they can sustain effective teaching and learning in the classroom? What if we were to invest time and energy back into the core of education, the teachers? This title offers a hand to guide teachers - and through them, their students, back to their hearts.

Subjects: Teachersô Job stress. Teachersô Attitudes. Teacher morale.

371.102 D251

David, Deborah Schoeberlein; Sheth, Suki

Mindfulness teaching and teaching mindfulness : a guide for anyone who teaches anything

Boston, MA: Wisdom Publications, 2009.

Summary: Author Deborah Schoeberlein pioneers the practical application of mindfulness in education. By showing teachers how to tune into what's happening inside and around them, she offers fresh, straightforward approaches to training attention and generating caring, both in and outside of the classroom. This book emphasizes how the teacher's personal familiarity with mindfulness plants the seed for an education infused with attention, awareness, kindness, empathy, compassion, and gratitude. The book follows a teacher from morning to night on a typical school day, at home, during the commute, and before, during, and after class. This book is perfect for teachers of all kinds: schoolteachers, religious educators, coaches, parents, anyone who teaches anything.

Subjects: Teachingô Psychological aspects. Reflective teaching.

371.102 J54

Jennings, Patricia A.

Mindfulness for teachers : simple skills for peace and productivity in the classroom

New York, NY: W. W. Norton & Company, 2015.

Summary: Mindful awareness practices help teachers recognize and regulate emotional reactivity in their classrooms. Teaching is one of the most rewarding professions, but also one of the most demanding. This book offers simple, ready-to-use, and evidence-proven mindfulness techniques to help educators manage the stresses of the classroom, cultivate an exceptional learning environment, and revitalize both their teaching and their students' knowledge acquisition. Drawing on basic and applied research in the fields of neuroscience, psychology, and education, as well as the author's extensive experience as a mindfulness practitioner, teacher, and

scientist, it includes exercises in mindfulness, emotional awareness, movement, listening, and more, all with real-time classroom applications.

Subjects: Educational change. Teaching ô Psychological aspects. Mindfulness-based cognitive therapy. Stress management in children. Emotions in children. Classroom management. Reflective teaching.

371.2011 B881

Brown, Valerie; Olson, Kirsten

The mindful school leader : practices to transform your leadership and school

Thousand Oaks, CA: Corwin, 2015.

Subjects: Meditation. Awareness. Stress (Psychology) ô Prevention. Educational leadership ô Psychological aspects.

612.8 S571

Siegel, Daniel J.

The mindful brain : reflection and attunement in the cultivation of well-being

New York, NY: W.W. Norton, 2007.

Summary: Over the last twenty years, there has been growing attention in the Western world to mindfulness, or paying attention to life in the present moment. Here, the author investigates the phenomenon of mindfulness as it impacts our daily lives, offering readers insight into personal relationships, emotional behaviour, parenting, and work.

Subjects: Awareness. Psychophysiology. Brain.

612.82 B417

Begley, Sharon

Train your brain, change your brain : how a new science reveals our extraordinary potential to transform ourselves

New York, NY: Ballantine Books, 2008.

Summary: A study of the new science of neuroplasticity explains how the brain can be physically altered to regain the use of limbs disabled by a stroke, recover from depression, reverse age-related changes, and acquire new skills even in old age.

Subjects: Neuroplasticity. Mind and body. Brain. Buddhism and science. Philosophy of mind.

613.7046 A784

The art of yoga [kit]

Valencia, CA: Top That! Publishing, 2004.

Subjects: Yoga, Hatha.

613.7046 S851

Stewart, Mary

Yoga over 50 : the way to vitality, health, and energy in the prime of life

New York, NY: Simon & Schuster, 1994.

Subjects: Yoga, Hatha. Exercises for middle aged persons.

613.792 B978

Bush, Ashley Davis

Shortcuts to inner peace : 70 simple paths to everyday serenity

New York, NY: Berkley Books, 2011.

Summary: The author helps readers learn how to hit the pause button amidst the chaos with a spirit of mindfulness, linking fast, easy, and restorative respites to ordinary everyday activities. Once people begin to integrate these shortcuts into their daily lives, they begin to happen automatically. And when that happens, inner peace will no longer be a brief state of mind, but a way of life.

Subjects: Relaxation. Peace of mind.

615.852 D182

Dang Nghiem, Sister

Mindfulness as medicine : a story of healing body and spirit

Berkeley, CA: Parallax Press, 2015.

Subjects: Lyme diseaseô Patientsô Religious life. Sufferingô Religious aspectsô Zen Buddhism. Healingô Religious aspectsô Zen Buddhism. Meditationô Therapeutic use. Dang Nghiem, Sister, 1968-. Buddhist nunsô Vietnamô Biography.

Materials in the Information File

Barreto, N. (2015). Mindfulness: A teacher's practice. *California Reader*, 49 (1), 37-40.

Burker, A. & Hawkins, K. (2012). Mindfulness in education: Wellness from the inside out. *Encounter: Education for Meaning and Social Justice*, 25 (4), 36-40.

Burrows, L. (2011). Relational mindfulness in education. *Encounter: Education for Meaning and Social Justice*, 24 (4), 24-29.

Caulfield, A. (2015). *The contribution of the practice of mindfulness to stress reduction among school teachers: A qualitative study of Irish primary teachers* (Doctoral dissertation, University of Lincoln, Lincoln, England). Retrieved from <http://eprints.lincoln.ac.uk/19030/>

Dorman, E. (2015). Building teachers' social-emotional competence through mindfulness practices. *Curriculum and Teaching Dialogue*, 17 (1 & 2), 103-119.

Felver, J. C., Doerner, E., Jones, J., Kaye, C., & Merrell, K. W. (2013). Mindfulness in school psychology: Applications for intervention and professional practice. *Psychology in the Schools*, 50 (6), 531-547.

Flook, L., Golberg, S. B., Pinger, L., Bonus, K., & Davidson, R. J. (2013). Mindfulness for teachers: A pilot study to assess effects on stress, burnout, and teaching efficacy. *Mind, Brain, and Education*, 7 (3), 182-195.

- Gates, G. S. (2005). Awakening to school community: Buddhist philosophy for educational reform. *Journal of Educational Thought*, 39 (2), 149-173.
- Gold, E., Smith, A., Hopper, I., Herne, D., Tansey, G., & Hulland, C. (2010). Mindfulness-based stress reduction (MBSR) for primary school teachers. *Journal of Child and Family Studies*, 19, 184-189.
- Hyde, A. (2015). Mind-body tools for teachers: A proposal for incorporating mindfulness into teacher education. *Teachers College Record*. Retrieved from www.tcr.org/PrintContent.asp?ContentID=18138.
- Kostanski, M. & Hassed, C. (2008). Mindfulness as a concept and a process. *Australian Psychologist*, 43 (1), 15-21.
- Larrivee, B. (2014). Tools for managing stress. *Principal Leadership*, 14 (8), 26-30.
- McKibben, S. (2014). The mindful educator. *Education Update*, 56 (11), 1-3.
- Meiklejohn, J., Freedman, M. L., Roach, A., Pinger, L., & Sibinga, E. (2012). Integrating mindfulness training into K-12 education: Fostering the resilience of teachers and students. *Mindfulness*. Retrieved from www.mindful-well-being.com/wp-content/uploads/2014/07/
- Napoli, M. (2004). Mindfulness training for teachers: A pilot program. *Complementary Health Practice Review*, 9, 31-42.
- Orr, D. (2002). The uses of mindfulness in anti-oppressive pedagogies: Philosophies and praxis. *Canadian Journal of Education*, 27, 477-497.
- Rocco, S. (2012). Mindfulness for well-being in schools: A brief survey of the field. *Redress*, 21 (3), 1-6.
- Rodriguez, J. A. S. (2015). *Mindful instructional leadership: The connection between principal mindfulness and school practices*. (Doctoral dissertation, Washington State University). Retrieved from <http://media.proquest.com/media/pq/classic/doc/377497081/fmt/>
- Schure, M. B., Christopher, J., & Christopher, S. (2008) Mind-body medicine and the art of self-care: Teaching mindfulness to counseling students through yoga, meditation, and qigong. *Journal of Counseling and Development*, 86, 47-56.
- Sherretz, C. E. (2011). Mindfulness in education: Case studies of mindful teachers and their teaching practices. *Journal of Thought*, 46 (3/4), 79-96.
- Tobin, K. & Powietrzynska, M. (2015). Mindfulness and wellness: Central components of a science of learning. *Innovación Educativa*, 15 (67), 61-87.

Wells, C. M. (2015). Conceptualizing mindful leadership in schools: How the practice of mindfulness informs the practice of leading. *NCPEA Education Leadership Review of Doctoral Research*, 2 (1), 1-84. Retrieved from http://www.ncpeapublications.org/attachments/category/116/ELRDR%20Spring%20FINAL_2015.pdf