

Mindfulness for beginners

<https://libraries.phsa.ca/permalink/catalog17635>

Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2006. (Audio, CD) — 8 copies, [7 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: QZ266 K10m 2006 v.1-2



Mindfulness for Beginners

<https://libraries.phsa.ca/permalink/catalog121476>

Kabat-Zinn, Jon. Colorado: Sounds True , 2012. (Book) — 3 copies, [2 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Study & Learning Commons
Call Number: REF MD 105 KAB 2012

“ We may long for wholeness, suggests Jon Kabat-Zinn, but the truth is that it is already here and already ours. The practice of mindfulness holds the possibility of not just a fleeting sense of contentment, but a true embracing of a deeper unity that envelops and permeates our lives. With Mindfulness...



Mindfulness meditation for pain relief : guided practices for reclaiming your body and your life

<https://libraries.phsa.ca/permalink/catalog19840>

Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2010. (Audio, CD) — 8 copies, [6 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ266 K12m 2010 v.1-2



Mindfulness for beginners: Reclaiming the present moment - and your life

<https://libraries.phsa.ca/permalink/catalog112747>

Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2012. (Kit) — 2 copies, [2 available](#)

Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: EG 200 KAB 2012

“ This book can be used in 3 unique ways: as a collection of reflections and practices to be opened and explored at random; as an illuminating and engaging start-to-finish read; or as an unfolding "lesson-a-day" primer on mindfulness practice. Includes a complete CD with 5 guided mindfulness meditati...



Mindfulness for beginners : reclaiming the present moment - and your life

<https://libraries.phsa.ca/permalink/catalog20541>

Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2012. (Book, CD) — 8 copies, [5 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
VC PFCS
CN PFCS
Call Number: QZ266 K10mi 2012



Sitting still like a frog : mindfulness exercises for kids (and their parents)

<https://libraries.phsa.ca/permalink/catalog120653>

Snel, Eline, Kabat-Zinn, Jon, Kabat-Zinn, Myla. Boulder, CO: Shambhala Publications, Inc. , 2013. (Book, Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: WS350.2 S671 2013



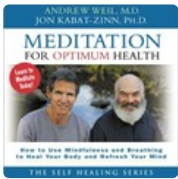
The world of relaxation: A guided mindfulness meditation practice for healing in the hospital and/or at home

<https://libraries.phsa.ca/permalink/catalog112873>

Kabat-Zinn, Jon, Kelly, Georgia (Harp). Grand Haven, MI: BetterListen! LLC , 2010. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: EG 200 KAB 2010

“ *The World of Relaxation* was conceived as a way to reach out to patients lying in bed in the hospital and inviting them to experiment inwardly, with Jon's guidance, in bringing mindful awareness to their present-moment circumstances, utilizing the occasion of having to lie in bed for some time — wha...



Meditation for optimum health : how to use mindfulness and breathing to heal your body and refresh your mind

<https://libraries.phsa.ca/permalink/catalog16207>

Weil, Andrew, Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2001. (Audio, CD) — 4 copies, [4 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Kelowna Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: QZ266 W422m 2001