

# MINDFULNESS IN MEDICINE: RESOURCES

## BOOKS

- Dobkin P & Hassel C.** Mindful Medical Practitioners (Springer 2016)  
**Davidson R & Goleman D.** Altered Traits (Penguin Random House 2017)  
**Shapiro S. & Carlson L.** The Art & Science of Mindfulness (American Psychological Assoc'n 2009)  
**Kabat-Zinn J.** Full Catastrophe Living (Delta 1990)  
**Kabat-Zinn J.** Wherever You Go, There You Are (Hyperion 2005)  
**Germer, C.** The Mindful Path of Self-Compassion (Guilford Press 2009)  
**Stahl, B.** A Mindfulness-Based Stress Reduction Workbook (New Harbinger, 2010)

## ARTICLES

- Amutio, A et al** (2014). Enhancing relaxation states and positive emotions in physicians through a mindfulness training program. Psychol Health Med. Dec: 1-12.
- McConville J et al** (2017). Mindfulness Training for Health Profession Students: A Systematic Review. Explore (NY) 13(1): 26-45.
- Krasner M, Epstein R et al** (2009). Association of an Educational Program in Mindful Communication with Burnout, Empathy and Attitudes Among Primary Care Physicians. JAMA Sept-Vol 302, No 12
- Tang Y, Holzel B, Posner M.** (2015). The Neuroscience of Mindfulness Meditation. Nature Review Neuroscience 16, 213-225

## WEBSITES

- CMA 2017 Policy Paper on Physician Health [https://www.cma.ca/Assets/assets-library/document/en/advocacy/policy-research/cma\\_policy\\_physician\\_health\\_pd18-01-e.pdf](https://www.cma.ca/Assets/assets-library/document/en/advocacy/policy-research/cma_policy_physician_health_pd18-01-e.pdf)  
American Mindfulness Research Association <https://www.goamra.org>  
Center for Mindfulness <http://www.umassmed.edu/cfm/>  
Guided Meditation Practices (UCLA) <http://marc.ucla.edu/mindful-meditations>  
Voice2Vision (Rahul) [www.voice2vision.net](http://www.voice2vision.net)

## APPS

- Stop, Breathe and Think  
Calm  
Mindfulness Training App  
Insight Timer  
Mindshift  
Headspace