

Mindfulness Meditation

Way to health & happiness

Surja's Reading List

Books

- Aamodt, Sandra and Sam Wang. *Welcome to Your Brain: Why You Lose Your Car Keys but Never Forget How to Drive and Other Puzzles of Everyday Life*. New York: Bloomsbury USA, 2008.
- Damasio, Antonio. *Self Comes to Mind: Constructing the Conscious Brain*. New York: Vintage Books, 2012.
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- Doidge, Norman. *The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science*. New York: Penguin Books, 2007.
- Eagleman, David. *The Brain: The Story of You*. New York: Pantheon Books, 2015.
- Eagleman, David. *Incognito: The Secret Lives of the Brain*. New York: Pantheon Books, 2011.
- Gardner-Nix, Jackie. *The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management*. Oakland, CA: New Harbinger Publications, Inc., 2009.
- Gazzaniga, Michael S. *Who's in Charge?: Free Will and the Science of the Brain*. New York: HarperCollin Publishers, 2011.
- Goleman, Daniel. *Emotional Intelligence: Why It Can Matter More than IQ*. New York: Bantam Books, 1995.
- McCown, Donald, Diane K. Riebel and Marc S. Micozzi. *Teaching Mindfulness: A Practical Guide for Clinicians and Educators*. New York: Springer Science+Business Media, LLC, 2011.
- Newberg, Andrew and Mark Robert Waldman. *How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist*. New York: Random House, 2009.
- Parks, Tim. *Teach Us to Sit Still: A Skeptic's Search for Health and Healing*. New York: Rodale, 2011.
- Siegel, Daniel J. *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. New York: W.W. Norton & Company, Inc., 2007.
- Taylor, Jill Bolte. *My Stroke of Insight: A Brain Scientist's Personal Journey*. New York: Viking Penguin, 2008
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Articles

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- Beck, Melinda. “May We Help You? Sky’s the Limit.” *Oprah.Com* (June 2011): 49 – 51.
- Beck, Melinda. [“Stress So Bad It Hurts — Really.”](#) *The Wall Street Journal* (March 17, 2009).
- Beck, Melinda. [“Thank You. No, Thank You: Grateful People Are Happier, Healthier Long After the Leftovers Are Gobbled.”](#) *The Wall Street Journal* (November 23, 2010).
- Bernstein, Elizabeth. [“Fighting Happily Ever After: There's a Right Way to Argue and It Can Be Good for Relationships.”](#) *The Wall Street Journal* (July 27, 2010).
- Bernstein, Elizabeth. [“New Way to Tame Your Temper.”](#) *The Wall Street Journal* (July 10, 2012).
- Bernstein, Elizabeth. [“How to Tame Your Nightmares: Therapies Teach Sleepers to Change the Ending of Their Dreams — or Even Take Flight.”](#) *The Wall Street Journal* (July 20, 2010).
- Cevallos, Marissa. [“Keeping the Brain Keen Takes an Effort.”](#) *The Oregonian* (October. 6, 2010).
- Churnin, Nancy. “Scientist Rethinking the Brain.” *The Oregonian* (March 17, 2010).
- Churnin, Nancy. “Our Minds Wander But They are Never Lost.” *The Oregonian* (September 2, 2010).
- Colapinto, John. [“Brain Games: The Marco Polo of Neuroscience.”](#) *The New Yorker* (May 11, 2009).
- Cole, Adam. [“Even Beginners Can Curb Pain With Meditation.”](#) *Shots: Health News from NPR* (April 6, 2011).
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- Korn, Peter. [“Decoding Your Brain.”](#) *Portland Tribune* (February 23, 2012).
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- Sullivan, Julie. [“More Walks May Lead to More Brains Study Says.”](#) *The Oregonian* (October 14, 2010).
- Tippett, Kirsta. [“Stem Cells: Untold Stories.”](#) *Speaking of Faith* interview with Doris Taylor (October 29, 2009) Minnesota Public Radio.
- Tough, Paul. [“The Poverty Clinic.”](#) *The New Yorker* (March 21, 2011): 25-32.
- Yadegaran, Jessica. [“Multitasking Takes a Toll on a Person’s Brain.”](#) *The Oregonian* (March 29, 2010).

DVDs

The Brain. Dir. Toby Trackman. Blink Films, 2015. DVD.

This Emotional Life: In Search of Ourselves...and Happiness. Dirs. Richard Hutton and Paula Aspell. Vulcan Productions, 2010. DVD.