

Mind and Body-Centered Anxiety and Stress Relief

A series of three lectures/experiences to help you lead a more enjoyable life.

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www.kathymontan.abmp.com

Resources for further study: Session One

Books:

Buddha's Brain by Rick Hanson, Ph.D. and Richard Mendius, M.D.

The Power of Now by Eckhart Tolle

A New Earth by Eckhart Tolle

Staying Well With Guided Imagery by Belleruth Naparstek

Invisible Heroes by Belleruth Naparstek

Meditations for Healing, Edited by Larry Moen

Full Catastrophe Living by Jon Kabat-Zinn

Internet (YouTube):

Ten-Minute Guided Meditation to Ease Anxiety, Worry and Urgency

Guided Imagery for Stress Reduction with Belleruth Naparstek

How to Escape the Prison of Your Own Mind by Eckhart Tolle

Anxiety and Fear by Eckhart Tolle

Cognitive Neuroscience of Mindfulness Meditation by Phillipe Goldin

Mindfulness and Neural Integration by Daniel Siegel

How Your Brain Can Turn Anxiety into Calmness by Martin Rossman, M.D.

CDs:

CDs by Belleruth Naparstek

1-800-800-8661 to ask for printed catalogue

www.healthjourneys.com

“BIJA” – (Music CD used during Guided Imagery)

Go to: www.kripalu.org, click on “The shop”, “CDs”, “Music”, “BIJA”

Session 2

Books:

Emotional Intelligence by Daniel Goleman

Being Happy by Tal Ben-Shahar, Ph.D.

The Expressive Body in Life, Art and Therapy by Daria Halprin

Focusing by Eugene Gendlin

Internet Sources:

UMM.edu/health/medical/articles/stress

Focusing by Eugene T. Gendlin (YouTube)

Why Focusing Works FISS 2010 with Gene Gendlin (YouTube)

Kim Eng *Shaking Practice* (YouTube)

(10-Min. Body Scan) *Intentional Focusing Exercise* Ed Olmstead (You Tube)

Grounding Technique Christel Hughes (YouTube)

Releasing Frustration/Person Christel Hughes (YouTube)

Session 3

Books

- *Social Intelligence* by Daniel Goleman
- *A New Earth* by Eckhart Tolle
- *The Introvert Advantage* by Marti Olsen Laney
- *Your Perfect Right – A Guide to Assertive Living* by Robert Alberti and Michael Emmons
- *Care of the Soul* by Thomas Moore
- *Non-Violent Communication* by Marshall B. Rosenberg
- *Boundaries- Where you end and I Begin* by Anne Katherine
- *Contentment* by Robert A. Johnson and Jerry M. Ruhl

- *The Relaxation and Stress Reduction Workbook* by Martha Davis *et. al.*

Internet (You Tube)

“The Paradox of Choice-Why More is Less” Barry Schwartz

“Surrender Attention and Compassion” Eckhart Tolle

“Coping With Stress: Cognitive-Behavioral Stress Reduction” by Jason Satterfield