

Books: A Minimalist Reading List for Students of Mindfulness

Buddhist Background:

BODHI, BHIKKHU: *The Noble Eightfold Path: The Way to the End of Suffering*, Wheel. Bd. 308–311. Kandy : Buddhist Publication Society, 1998

GETHIN, RUPERT: *The Foundations of Buddhism* : Oxford University Press, 1998

RAHULA, WALPOLA: *What the Buddha taught: Revised and expanded edition with texts from Suttas and Dhammapada* : Grove Press, 1994

Buddhist Psychology:

ARONSON, HARVEY: *Buddhist Practice on Western Ground: Reconciling Eastern Ideals and Western Psychology* : Shambhala Pub Inc, 2004 — ISBN 1590300939

DE SILVA, PADMASIRI: *An Introduction to Buddhist Psychology and Counselling. Pathways of mindfulness-based therapies*. 5. Aufl. London - New York : Palgrave Macmillan, 2014 — ISBN 9781137287533

JOHANSSON, RUNE EDVIN ANDERS: *The Dynamic Psychology of Early Buddhism*. London : Curzon Press, 1979 — ISBN 0700701141, 9780700701148

WELWOOD, JOHN: *Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation: Buddhism, Psychotherapy and the Path of Personal and Spiritual Transformation*. Reprint. : Shambhala Pub Inc, 2002 — ISBN 1570628238

4 Establishments of Mindfulness (Satipaṭṭhāna):

ANĀLAYO, BHIKKHU: *Satipaṭṭhana: The Direct Path to Realization*. Cambridge : Windhorse Publication, 2003 — ISBN 1899579540

ANĀLAYO, BHIKKHU: *Perspectives on Satipaṭṭhāna*. Cambridge : Windhorse Pubns, 2013 — ISBN 190931403X 9781909314030

NYANAPONIKA, THERA: *Heart of Buddhist Meditation. A handbook of mental training based on the Buddha's way of mindfulness*. Kandy : BPS, 1998. — First Edition 1962

HANH, THICH NHAT: *Transformation and Healing: Sutra on the Four Establishments of Mindfulness*. Berkeley : Parallax Press, 2006. — ISBN 1888375620

SOMA, THERA: *The way of mindfulness. A translation of the Satipaṭṭhāna Sutta of the Majjhima Nikāya; its Commentary, the Satipaṭṭhāna Sutta Vaṇṇanā of the Papañcasūdanī of Buddhaghosa Thera; and excerpts from the Līnatthapakāsanī Tikā, Marginal Notes, of Dhammapala Thera on the Commentary*. 5. Ed Kandy : Buddhist Publication Society, 1981

Discourses of the Buddha (Anthology with Introduction and excellent translations):

BODHI, BHIKKHU: *In the Buddha's Words: An Anthology of Discourses from the Pali Canon* : Wisdom Publications, 2005 — ISBN 0861714911