

James Baraz's Suggested Booklist

Highly Recommended:

- * Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness, James Baraz and Shoshana Alexander
- * Awakening Joy for Kids, James Baraz and Michele Lilyanna
- * The Experience of Insight, Joseph Goldstein (The best book for basic Buddhist teachings)
- * A Path With Heart, Jack Kornfield
- * The Wise Heart, Jack Kornfield
- * Seeking the Heart of Wisdom, J. Goldstein & J. Kornfield
- * The Teachings of the Buddha, ed. by Jack Kornfield and Gil Fronsdal
(*Selections of the best of the Buddha and teachings from Buddhist traditions*)
- * Insight Meditation, Joseph Goldstein
- * One Dharma, Joseph Goldstein
- * Mindfulness, Joseph Goldstein
- * Trauma-Sensitive Mindfulness, David Treleaven
- * Loving-Kindness, Sharon Salzberg
- * Faith, Sharon Salzberg
- * Radical Acceptance Tara Brach (learning to accept and love yourself)
- * True Refuge Tara Brach
- * Self-Compassion, Kristin Neff
- * Mindful of Race, Ruth King
- * You Belong, Sebene Selassie
- * Awakening Together, Larry Yang
- * Peace Is Every Step, Thich Nhat Hanh
- * Satipatthana, Anlayo (in-depth analysis of the Satipatthana Sutta)
- * Dancing With Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering, Phillip Moffitt
- * The Magic of Awareness, Anam Thubten
- * The Compassionate Life: Walking the Path of Kindness, Marc Ian Barasch
- * The Hope: A Guide to Sacred Activism, Andrew Harvey
- * Active Hope, Joanna Macy
- * EcoDharma, David Loy
- * World as Lover, World as Self, Joanna Macy (deep ecology)
- * Emptiness: A Practical Guide for Meditators, Guy Armstrong

Additional Readings:

Awake in the Wild: Mindfulness in Nature as a Path of Self-Discovery, Mark Coleman
The Art of Happiness, The Dalai Lama and Howard Cutler
The Book of Joy, Dalai Lama and Desmond Tutu
The Joy of Living: Unlocking the Secret and Science of Happiness, Mingyur Rinpoche
Go In and In, Danna Faulds (beautiful poems about practice) also has many other volumes
The Power of Now, Eckhart Tolle
Old Path, White Clouds, Thich Nhat Hanh (life of the Buddha)
What the Buddha Taught, Walpola Rahula
The Beginner's Guide to Insight Meditation Arinna Weisman
Buddha's Brain, Rick Hanson
Hardwiring Happiness, Rick Hanson
How We Choose to Be Happy, Rick Foster and Greg Hicks
Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being, Linda Graham
Full Catastrophe Living, Jon Kabat-Zinn (working with stress and pain)
Wherever You Go, There You Are, Jon Kabat-Zinn
Everyday Blessings, Jon Kabat-Zinn (mindful parenting)
The Mindful Path to Self-Compassion, Chris Germer
Raising Happiness, Christine Carter (Conscious Parenting)
Wide Awake: A Buddhist Guide for Teens Diana Winston
It's Easier Than You Think, Sylvia Boorstein
A Gradual Awakening, Stephen Levine
The Engaged Spiritual Life, Donald Rothberg (Buddhism and social activism)
The Middle Length Discourses translated by Bhikku Bodhi (Wisdom Publ.)

Websites:

James' Awakening Joy course and schedule: www.awakeningjoy.info

James' Berkeley Group: Berkeley community (IMCB) www.insightberkeley.org

James' Dharma talks: <http://dharmafeed.org/teachers/86>

Spirit Rock: www.spiritrock.org

Dharma talks: www.dharmafeed.org, www.insightberkeley.org, and www.audiodharma.org

Dharma and Climate Change: www.oneearthsangha.org

Buddhist Peace Fellowship: www.bpf.org

Buddha's discourses, translations and original teachings: www.accesstoinsight.org