

# *Resources*

## *Recommend Reading List*

Brach, Tara, Radical Acceptance

Chodron, Pema, When Things Fall Apart: Heart Advice for Difficult Times

Chodron, Pema, Start Where You Are: How to Accept Yourself and Others

Johnson, Susan Hold Me Tight

Kabat-Zinn, J, Wherever You Go, There You Are

Levine & Heller, Attached: The New Science of Adult Attachment and how it can help you find and keep love

Levine, Stephen & Ondrea, Embracing the Beloved: Relationship as a Path of Awakening

Lowe-Charde, LaShelle, Meeting Conflict From the Heart: Practical Tools for Communicating in Relationship

McCann, Eileen, & Douglas Shannon, The Two Step: The Dance Towards Intimacy

O'Conner, Richard, Undoing Depression

Rogers, Carl, On Personal Power

Rosenberg, Marshall, Nonviolent Communication: A Language of Life

Stone, Hal & Sidra, Embracing Your Inner Critic

## *Other Resources*

### **Mindfulness Based Counselors who have training in NVC:**

Mark Pechovnik 503-853-3532

<http://www.mountaingatetherapy.com/portland%20contact.html>,

Jeremy Manalis 503.349.2281 <http://www.jeremymanalis.com/jeremys-biography/>,

Sadie Scabarozi 503-206-2703

Annie Popkin 503-715-1468

### **Mindfulness Based Personal Growth Workshops & Workshops for Counselors**

<http://www.meta-trainings.com>,