

## Partial List of Resources

### CDs & DVDs : Mindfulness–Based Stress Reduction (MBSR) and Stress Reduction (For purchase)

<http://mindfulnessprograms.com/mindful-healing-series.html>

<http://www.mindfulnessstapes.com/>

<http://www.healthjourneys.com/>

### BOOKS: Mindfulness and Meditation

Tara Brach	Radical Acceptance
Sylvia Boorstein	It's Easier Than You Think Don't Just Do Something, Sit There.
Pema Chodron	The Wisdom of No Escape When Things Fall Apart The Places That Scare You
Gaylon Ferguson	Natural Wakefulness
Joseph Goldstein	The Experience of Insight Insight Meditation: The Practice of Freedom
Thich Nhat Hanh	Being Peace The Miracle of Mindfulness Peace is Every Step no death, no fear
Cheri Huber	That Which You Are Seeking is Causing You to Seek There is Nothing Wrong With You The Fear Book The Depression Book
Jack Kornfield	After the Ecstasy, the Laundry A Lamp in the Darkness The Wise Heart The Art of Forgiveness, Lovingkindness, and Peace
Jon Kabat-Zinn	Full Catastrophe Living
Sharon Salzberg	A Heart as Wide as the World Loving Kindness
Bob Stahl	A Mindfulness-Based Stress Reduction Workbook

## **BOOKS: Stress, Illness & Healing**

Norman Cousins	The Healing Heart Anatomy of An Illness Head First, The New Biology of Hope
Larry Dossey	Beyond Illness
Daniel Goleman	Mind Body Medicine
Bill Moyers	Healing and the Mind
Hans Selye	Stress without Distress
David Sobel and Robert Ornstein	The Healthy Mind Healthy Body Handbook

## **LAUGHING YOGA CLUBS in the San Francisco Bay Area**

*Oakland:* Lake Merritt Laughter Club  
Please RSVP to LaurieAnn by the end of the day before the meeting  
NOON on the 2nd and 4th Wednesdays of each month  
714 Prospect Ave Oakland, CA, 94610  
Phone: 510-444-4621  
Email: [info@stepsontoes.com](mailto:info@stepsontoes.com)  
Members 1 – 20  
Contact Person LaurieAnn Lepoff

*Oakland:* Laugh4life Oakland  
285/287 Newton Ave, Oakland, CA  
Phone: 510-316-3311  
Email: [pveggielady@yahoo.com](mailto:pveggielady@yahoo.com)  
6:30pm-7:30pm on Tuesdays  
Members 1 - 20  
Contact Person Purvi Jani

*San Francisco:* Dolores Park Laughter Yoga  
Authentic World, 1072A Folsom Street, San Francisco, CA, 94103  
Phone: 415.794.5423  
Email: [adattner@gmail.com](mailto:adattner@gmail.com)  
[www.aliciadattner.com/laughteryoga.html](http://www.aliciadattner.com/laughteryoga.html)  
6:00-6:45 pm on the SECOND TUESDAY of each month  
Members 1 - 20  
Contact person Alicia Dattner

*San Francisco:* Laughing Wild Flowers  
6:30-7:30pm TUESDAY At Golden Gate Park, at Rose Garden. (Closest street is Park Presidio and

*Fulton Street, in the park it is on JFK drive. From front side of park, go towards DeYoung Museum and it is across from there on the right side. Look for our Sign- can't miss it has wildflowers!)*

Phone: 415 678 9866

Email: [royalpetsitter@gmail.com](mailto:royalpetsitter@gmail.com)

[www.laughteryogawisdom.com](http://www.laughteryogawisdom.com)

Members 1 - 20

Contact person: Wildflower Fong

*San Francisco:* Osher Center for Integrative Medicine Laughter Club

UCSF Osher Center for Integrative Medicine

1545 Divisadero, 5th Floor, San Francisco, CA 94115

Phone: 415-353-7720

Email: [info@laughterourbestmedicine.com](mailto:info@laughterourbestmedicine.com) or [corrigan@ocim.ucsf.edu](mailto:corrigan@ocim.ucsf.edu)

[www.ucsf.edu/ocim](http://www.ucsf.edu/ocim) or [www.laughterourbestmedicine.com](http://www.laughterourbestmedicine.com) or [www.osher.ucsf.edu/ocim](http://www.osher.ucsf.edu/ocim)

Twice a month on Weds. from 5:30-6:30 p.m.

Members 1-20

Contact Person Teresa Corrigan R.N., C.L.Y.T.

*Vallejo:* Vallejo Laughter Club

Every Monday 5:15pm – 6:00pm 1/28/08 – 4/28/08 Ages 5+

(minors must be accompanied by an adult)

Norman C. King South Vallejo Community Center

545 Magazine Street Vallejo, CA 94591

Phone: 707-342-5064

Email: [ramarant@inbox.com](mailto:ramarant@inbox.com)

[www.yogawithrachel.com](http://www.yogawithrachel.com)

Members 1 - 20

Contact person Rachel Amarant

### **Ongoing Resources Near Oakland**

For an online directory of Bay Area Buddhist groups, go to

<http://bayareabuddhism.blogspot.com/>

### **Qigong Resources**

Qigong with Dr. Bingkun Hu

<http://drhuqigong.com>

Wen Wu School (Qigong)

[www.wenwuschool.com](http://www.wenwuschool.com)

Network of Wen Wu School Certified Teachers

<http://QigongClasses.info>