

TRANSITIONAL AGE YOUTH  
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REFERENCE LIST FOR CLIENTS AND FAMILIES

**Mindfulness**

[www.centreforinnerfreedom.ca](http://www.centreforinnerfreedom.ca)

Mindfulness based stress reduction. Barrie, Ontario

*Full Catastrophe Living: using the wisdom of your body and mind to face stress, pain, and illness.*

Kabat-Zinn J. New York, NY: Delta, 1990.

*Mindfulness for Beginners.* Kabat-Zinn J. Audio CD, 2006.

*Guided Mindfulness Meditation.* Kabat-Zinn J. Audio CD, 2005.