

**AUSTRALIAN ASSOCIATION OF BUDDHIST
COUNSELLORS AND PSYCHOTHERAPISTS**

Recommended General Reading and Resources List

Internet Resources

**Original Buddhist texts, translations
and commentaries**

Sutta Central: Buddhist texts, translations and parallels – SuttaCentral is for anyone who wants to delve deeper into the scriptures of the earliest period. It provides source texts and information for scholars, and translations for general readers.

<https://suttacentral.net>

Access To Insight: A rich resource of translations and texts of early Buddhist suttas – most translations by Thanissaro Bhikkhu, and other translations of classic texts and commentaries

www.accesstoinsight.org

Buddha Net: A key internet site for Buddhist resources

<http://www.buddhanet.net>

Buddism and Science

Mind and Life Institute

www.mindandlife.org

Centre for Mindfulness, UMass Medical School

www.umassmed.edu/cfm

St Barbara Institute

www.sbinstitute.com

Mindfulness Awareness Research Centre

www.marc.ucla.edu

Internet Library of Buddhist Studies

An internet guide on Buddhism and Buddhist Studies with resources including Tibetan Studies, Zen Buddhism and Buddhist Art
www.ciolek.com

Some of the main Buddhist book publishers

www.wisdompubs.org

www.shambhala.com

Buddhist Publication Society
www.bps.lk

For some of the specialist books on Buddhism in Australia:

Adyar Book Store, Sydney CBD

Phoenix Rising Books, Glebe

Windhorse Books, Newtown.

Vajrayana Institute
www.vajrayana.com.au

Other internet Dhamma resources

Amaravati Publications
www.amaravati.org/audio-and-books/amaravati-publications/

Sounds True
<http://www.soundstrue.com>

Books can be borrowed from:

The Buddhist Library
90-92 Church St.
Camperdown, Sydney
<http://buddhistlibrary.org.au/>

BOOKS

Buddhism and Psychotherapy

Bien, T., *Mindful Therapy – A Guide for Therapists and the Helping Professionals*, Wisdom, 2006.

[This book offers ways of bringing the teachings of Buddhism into psychotherapeutic practices.](#)

Epstein, M., *Thoughts without a Thinker – Psychotherapy from a Buddhist Perspective*, orig. pub. 1995, Wisdom revised ed., 2013.

Also: *Going to Pieces without Falling Apart*, 1999

Open to Desire: The Truth About What the Buddha Taught, 2006.

Going on Being: Life at the Crossroads of Buddhism and Psychotherapy, 2009.

The Trauma of Everyday Life, 2014.

Germer, C.K., Siegal, R. & Fulton, P.R., *Mindfulness and Psychotherapy – Mindfulness and Clinical Applications*, The Guilford Press, 2nd edition, 2013.

Germer, C.K., Siegel, R.D. *Wisdom and Compassion in Psychotherapy*, The Guilford Press, 2012.

Goleman, D (ed)., *Healing Emotions. Conversations with the Dalai Lama on Mindfulness, Emotions and Health*. Boston: Shambhala, 1997.

Goleman, D., *Destructive Emotions: A Scientific Dialogue with the Dalai Lama*. New York: Bantam Books, 2003.

Huxter, Malcolm, *Healing the Heart and Mind with Mindfulness: Ancient Path, Present Moment*, Routledge, 2016.

Jennings, Pilar, *Mixing Minds: The Power of Relationship in Psychoanalysis and Buddhism*. Wisdom Publications, Boston, 2010.

Kabat-Zinn, Jon, *Wherever You Go, There You Are*, Hachette Books, 2005.

Jack Kornfield, *The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology* Bantam, 2009.

Magid, B., *Ordinary Mind, Exploring the Common Ground of Zen and psychotherapy*, 2nd ed., Wisdom, 2005.

[Barry Magid, a Zen teacher and psychiatrist, offers a synthesis allowing us to move from a ‘psychology of illness’ to a ‘psychology of wellness’.](#)

Pollak, S.M., Pedulla, T., Siegel, R.D. *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*, Guildford Press, 2014.

Preece, R., *The Wisdom of Imperfection – The Challenge of Individuation in Buddhist Life*, Snow Lion Publications, 2010.

Highly recommended for sangha members and therapists. Explores the sangha member's struggle towards individuation, a journey that has many parallels for the therapist's journey.

Safran, J., (ed.), *Psychoanalysis and Buddhism – An unfolding dialogue*, Wisdom, 1995.

Siegel, Daniel J *The Mindful Therapist*, W W Norton & Co., 2010.

Thich Nhat Hanh, *Reconciliation: Healing the Inner Child*, Parallax Press, 2006.

Welwood, J. (ed), *Towards a Psychology of Awakening: Buddhism, Psychotherapy and the Path of Personal and Spiritual Transformation*, Shambhala, 2002.

Ethics

Berzin, A., *Developing Balanced Sensitivity. A Workbook of Practical Buddhist Ethics*, Snow Lion, 1998. Berzin presents a series of practical techniques for overcoming insensitivity and over-sensitivity which can be practised by people of all backgrounds. Uses techniques from traditional Buddhist sources.

Buddhadassa Bhikkhu, *Heartwood of the Bodhi Tree : The Buddha's Teachings on Voidness*, Wisdom, 2014.

Clear and simple teachings on voidness and living an ethical life...Buddhadasa presents in simple language the philosophy of voidness, or sunnata, that lies at the heart of the Buddhism.

Harvey, P., *An Introduction to Buddhist Ethics - Foundations, Values and Issues*, Cambridge University Press, 2000.

Carroll, M. & Shaw, E. *Ethical Maturity in the Helping Professions: Making Difficult Life and Work Decisions*. Jessica Kingsley Publishers, London, 2013

Meditation

Ajahn Lee Dhammadharo, *Keeping the Breath in Mind and Lessons in Samadhi* (translated from the Thai by Thanissaro Bhikkhu), 2000.

<http://www.accesstoinsight.org/lib/thai/lee/inmind.html>

Baraz, James, *Awakening Joy*, Bantam Books, New York, 2010.

Batchelor, M., *Meditation for Life*, Wisdom, 1996.

A beautiful book using humour, anecdotes and practical instructions. Explains the techniques of three traditions – Theravada, Tibetan and Zen. Gives themes of equanimity, loving-kindness and death.

Bhante Henepola Gunaratana, *Mindfulness in Plain English*, Wisdom, new edition, 2011.

Best selling guide to insight meditation.

Goldstein, Joseph, *The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation*, Shambhala, 1987. [A modern classic.](#)

Maezumi, H.T., *On Zen Practice, Body, Breath and Mind*, (orig. pub. 1999), Wisdom, 2002.
[Updated landmark volume – a primer of Zen practice.](#)

Nyanaponika Thera, *The Heart of Buddhist Meditation: The Buddha's Way of Mindfulness*, Weiser Books, revised edition, 2014. [A Theravadan classic.](#)

Sharpley, B., *Meditation and Relaxation in Plain English*, Wisdom, 2006.

Thich Nhat Hanh, *The Miracle of Mindfulness*, 1999.

Wallace, B.A., *The Attention Revolution – Unlocking the Power of the Focused Mind*, Wisdom, 2006.

The Science of Meditation

Austin, J., M.D., *Zen and the Brain*. Massachusetts: MIT, 1998.

Benson, H., *The Relaxation Response*. New York: Harper Torch, 2000.

Dalai Lama, Houshmand, Z, Wallace, B Allen & Livingston, R.B., *Consciousness at the Crossroads – Conversations with the Dalai Lama on Brain Science and Buddhism*, Snow Lion, 1999.
[Addresses many fundamental questions that have divided western science and religion for centuries, this book arose out of meetings between the Dalai Lama and a group of neuroscientists and psychiatrists.](#)

Hanson, Rick., *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*, New Harbinger Publications, 2009.

Kabat-Zinn, J. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*, Dell, 1990 – 15th Anniversary edition, 2005.

Murphy, M., Ph.D and Donovan, S. Ph.D. *The Physical and Psychological Effects of Meditation*. Sausalito, CA: Institute of Noetic Science, 1999.
[At extensive review of the research into the benefits of meditation.](#)

Segal, Z.V. & Teasdale, W.J.M., *Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse*, The Guilford Press, 2nd edition, 2012.

Varela, F.J, Thompson, E., and Rosch, E. *The Embodied Mind: Cognitive Science and Human Experience*, Cambridge, MIT Press, 1991.

Wallace, A.B., *Balancing the Mind*, Columbia University Press, 2009.
[Explains the methods and experiences of Tibetan practitioners and compares these with investigations of consciousness by Western scientists and philosophers.](#)

Wallace, A., *Choosing Reality – A Buddhist view of Physics and the Mind*, SnowLion, 1989/2003. Examines the relationship between reality as we experience it and reality as science describes it, showing the relevance to modern physics of Buddhist methods of investigating reality.

Buddhism and Spirituality

Ajahn Sumedho, *The Mind and the Way: Buddhist Reflections on Life*, Wisdom, 1994.

Ajahn Sumedho, *Don't Take Your Life Personally*, BPS, 2010.

Dalai Lama H.H., *The Universe in a Single Atom*, Harmony, reprint edition, 2006.
[Dealing with the importance of spirituality in science](#)

Hsing Yun, *Lotus in a Stream*, translated by Tom Graham, New York: Weatherhill Inc., 2000.

Mind Training

Ajahn Chah, *Food for the Heart: The Collected Teachings of Ajahn Chah*, Wisdom, 2002.

Bhante Henepola Gunaratana, *Eight Mindful Steps to Happiness: Walking the Buddha's Path*, Wisdom, 2001.

Bhikkhu Bodhi, *The Noble Eightfold Path: Way to the End of Suffering*, Pariyatti Publishing, 2006. Also internet download: <http://www.accesstoinsight.org/lib/authors/bodhi/waytoend.html>

Chodron, T., *Working with Anger*, Snow Lion, 2001.

Dalai Lama, H.H., *Cultivating a Daily Meditation*, Ltwa, 2nd revised edition, 1991.
[Includes basic and tantric approaches of the Tibetan Tradition.](#)

Dalai Lama, H.H., *An Open Heart – Practising Compassion in Everyday Life*, Back Bay Books, 2002.
[Series of meditations from three sacred Tibetan texts.](#)

Hsing Yun, *Being Good*, translated by Tom Graham, New York: Weatherhill Inc., 2000.
(Distributed by John Reeds (Pty) Ltd)

Levey, J., *The Fine Arts of Relaxation, Concentration and Meditation – Ancient Skills for Modern Minds*. Wisdom Publications, 1987.
[A beautifully written text and now a classic on mindfulness skills.](#)

Ricard, M., *Happiness: A Guide to Developing Life's Most Important Skill*, Little, Brown and Company, reprint edition, 2007.

Shunryu Suzuki, *Zen Mind, Beginner's Mind*, Shambhala, new edition, 2011.

Thanissaro Bhikkhu, *The Wings to Awakening*, 1996. Teachings on the Buddhist Seven Factors of Awakening. <http://www.accesstoinsight.org/lib/authors/thanissaro/wings/part1.html>

Wallace, A., *Boundless Heart, the Cultivation of the Four Immeasurables*, Snow Lion, 2004. Presents the four immeasurables of loving kindness, compassion, equanimity and empathic joy based on Buddhagohasha's Path of Purification.

Wallace, A., *The Four Immeasurables: Practices to Open the Heart*, Snow Lion e-book, 2012.

Buddhist Philosophy

Bhikkhu Bodhi, *In the Buddha's Words: An Anthology of Discourses from the Pali Canon* (Teachings of the Buddha), Wisdom, 2005.

Dalai, Lama, H.H., *World of Tibetan Buddhism: An Overview of its Philosophy and Practice*, Wisdom, 1995.

Tsering, T., Geshe., *The Four Noble Truths – Foundations of Buddhist Thought, Vol.1*, Wisdom, 2005. Summarises the Buddhist's worldview and offers a framework to understand teachings of the Buddha.

Yangsi Rinpoche (Tsongkapa), *Practising the Path – A Commentary on the Lamrin Chemmo*. From the Tibetan Tradition: A comprehensive overview of the entire path to enlightenment, superimposing the essential principles of renunciation, bodhicitta and the pure view of emptiness.

Rahula, Walpola, *What the Buddha Taught*, revised and expanded edition, Grove Press, 1974.

Sogyal Rinpoche, *The Tibetan Book of Living and Dying*, Harper San Francisco, revised edition, 2012.

Additional Reading

Amaro Bhikkhu, *Small Boat, Great Mountain*, 2003. Ebook download available from <https://forestsangha.org/teachings/books/small-boat-great-mountain?language=English>

Amaro Bhikkhu, *The Island: Teachings On Nibbana*, 2011. E-book download available from <https://forestsangha.org/teachings/books/the-island-teachings-on-nibbana?language=English>

Bayda, Ezra, *Beyond Happiness: The Zen Way to True Contentment*, Shambhala, 2011.

Beck, C., *Everyday Zen*. San Francisco, CA: Harper Collins, 1989.
A contemporary classic on zen by Charlotte Joko Beck.

Beck, C., *Nothing Special*. San Francisco, CA: Harper Collins, 1993.

Brach, Tara, *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*, Bantam, 2004.

Dalai Lama, H.H., *Sleeping, Dreaming and Dying*, Wisdom, 2002.

Goldstein, J., *One Dharma: The Emerging Western Buddhism*, San Francisco: Harper, 2002.

Harvey, Peter, *The Selfless Mind – Personality, Consciousness and Nirvana in Early Buddhism*, Curzon Press, 1995.

James, W., *The Varieties of Religious Experience: A Study in Human Nature*, Create Space Independent Publishing Platform, 2009.

[One of the first and classic attempts to understand the psychology behind religious experience.](#)

Kapleau, P., Roshi, *The Three Pillars of Zen: Teaching, Practice and Enlightenment*, Anchor, 1989.
[A classic text on zen.](#)

Kornfield, Jack, *A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life*, Bantam, 1993.

Neff, Kristin, *Self Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*, 2011.

Pema Chodron, *When Things Fall Apart: Heart Advice for Difficult Times*, Shambhala, 2000.

Pema Chodron, *Start Where You Are: A Guide to Compassionate Living*, Shambhala, 2001.

Pema Chodron, *The Wisdom of No Escape and the Path of Loving-Kindness*, Shambhala, 2001.

Salzberg, S., *Lovingkindness*, Boston, Shambhala, 1995.

Sayadaw U Pandita, *State of Mind Called Beautiful*, Wisdom, 2006.

[Burmese meditation master lays out the breadth and depth of the Theravadan tradition: includes teachings on vipassana or insight meditation, development of mindfulness, wisdom and patience.](#)

Sogyal Rinpoche, *The Tibetan Book of Living and Dying*, Harper San Francisco, revised edition, 2012.
[A classic text used in palliative care.](#)

Suzuki, S., *Zen Mind, Beginner's Mind*, Weatherhill, New York, 1970.

Thich Nhat Hanh, *The Heart of the Buddha's Teaching*, Rider, 1998.

Watts, Alan, W., *The Wisdom of Insecurity: A Message for an Age of Anxiety*. Vintage Books, 2nd edition, 2011.