

Bellingham Insight Library Book Wish List

October 2012

This list of books that could be nice additions to the library was suggested by the Sangha Mamas. If you have other books that you would like to see in the library, send your suggestions to library@bellinghaminsight.org.

For parents/couples/pregnancy:

[Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year \(Noetic Books\)](#) - Cassandra Vieten

[A Mindful Approach To Parenting: Insights on Raising Our Children With Wisdom, Awareness, and Acceptance](#) - Geoff Bell-Devaney

[Mindful Parent Happy Child: A Guide To Raising Joyful and Resilient Children](#) - Pilar Placone

[Mindful Parenting: Meditations, Verses, and Visualizations for a More Joyful Life.](#) - Scott Rogers

[Parenting From the Inside Out](#) - Daniel Siegel

[The Mindful Couple: How Acceptance and Mindfulness Can Lead You to the Love You Want](#) - Robyn Walser PhD

[Bringing Home the Dharma: Awakening Right Where You Are](#) - Jack Kornfield

[The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive](#) - Daniel J. Siegel

[Arts Activities for Children and Young People in Need: Helping Children to Develop Mindfulness, Spiritual Awareness and Self-Esteem](#) - Diana Coholic

[Focusing and Calming Games for Children: Mindfulness Strategies and Activities to Help Children to Relax, Concentrate and Take Control](#) - Deborah M. Plummer

[Teaching Mindfulness to Children & Teens](#) - Elisabeth Rose Wilds

[Karma Kids: Answering Everyday Parenting Questions with Buddhist Wisdom](#) - Greg Holden

children's books:

[Old Turtle](#) - Douglas Wood

[Zen Ghosts](#) - Jon J. Muth

[Steps and Stones: An Anh's Anger Story](#) - Gail Silver

[Mindful Monkey, Happy Panda](#) - Lauren Alderfer

[Buddha at Bedtime: Tales of Love and Wisdom for You to Read with Your Child to Enchant, Enlighten and Inspire](#) - Dharmachari Nagaraja (we already have this one in the library but it is always checked out...people have requested a second copy)

[Still Quiet Place: Mindfulness for Young Children](#) - Amy M.D. Saltzman; **Audio CD**

[Buddhist Animal Wisdom Stories](#) - Mark W. McGinnis

[Samsara Dog](#) - Helen Manos

[The Gift of Nothing](#) - Patrick McDonnell