

**Follow-up Bibliography in response to Andrea Een's adult education forum on Sunday, February 14, 2010: "From Darkness to Light; from Depression to Joy"**

*Facing Codependence; What it is, where it comes from, how it sabotages our lives* by Pia Mellody. Harper One, 1989. Main text is 215 pages.

A framework for identifying codependent thinking, emotions, and behavior and for pursuing long-lasting recovery.

*Full Catastrophe Living; Using the wisdom of your body and mind to face stress, pain, and illness* by Jon Kabat-Zinn. Fifteenth anniversary edition. Originally published in 1990. Main text is 444 pages.

Kabat-Zinn's renowned mindfulness-based stress reduction program uses natural methods to soothe, heal, and fend off anxiety, depression, and disease.

*A Heart as Wide as the World; Stories on the path to lovingkindness* by Sharon Salzberg. Shambhala press, 1999. 192 pages.

Salzberg's "gentle stories of her own awakening" are described as sensitive but useful and majestic but simple. The author has practiced Buddhism for more than 35 years.

*The Mind and the Way; Buddhist reflections on life* by Ajahn Sumedho. Wisdom Publications, 1995. 220 pages.

On choosing compassion over anger, loving-kindness over hatred, and awareness over ignorance. The Thai Buddhist priest author, from America, served in the peace corps.

*The Mindful Way through Depression; Freeing yourself from chronic unhappiness* by Williams, Teasdale, Segal, and Kabat-Zinn. The Guilford Press, 2007. Main text is 244 pages and there's a CD.

Using mindfulness training to prevent and treat depression.

*The Path to Love; Spiritual strategies for healing* by Deepak Chopra. Three Rivers Press, 1997. 328 pages.

A fusion of Eastern and Western wisdom that helps clear obstacles to loving and being loved.

*The Seven Spiritual Laws of Success; A practical guide to the fulfillment of your dreams* by Deepak Chopra. Amber-Allen Publishing and New World Library, 1993.

This book gives hints for making dreams come true and for ensuring that your life is fulfilling.

*Unstuck; Your guide to the seven-stage journey out of depression* by James S. Gordon. Penguin Press, 2008. Main text is 343 pages.

"A practical, proven guide to finding hope and happiness in the ashes of depression."

*When Things Fall Apart; Heart advice for difficult times* by Pema Chödrön. Shambhala press, 1997. 146 pages.

How to keep opening your own heart wider and wider.

Andrea's poetry in NORTHFIELD WOMEN POETS' books, some of which are still in print:

*Absorb the Colors*

*Penchant; an anthology of poems*

*A Rich Salt Place*

*Some Days We Name It Love* (Andrea Een's poems only)

*Tremors Vibrations Enough to Rearrange the World*