

# Mindfulness & Cultural Development

## Reading Guide

*Learning to Breathe Learning to Breathe* by Patricia Broderick

This chapter provides a basic introduction to mindfulness in the classroom. Patricia Broderick is a pioneer in the field. This book is a rich manual for teachers with specific exercises, teaching tools, and handouts for students.

*Full Catastrophe Living* by John Kabat-Zinn

Anyone teaching mindfulness in the mainstream owes a debt of gratitude to John Kabat-Zinn for persevering and quantifying positive results of mindfulness practice. There are many others who have contributed to the field. The manual *Full Catastrophe Living* provides insight and background into how to use mindfulness for stress reduction with adults.