**Information about Mindfulness courses run through the Centre for Mindfulness research and Practice, Bangor University**

http://www.bangor.ac.uk/mindfulness/coursevents.php.en

Information about Mindfulness course run through the University of Oxford, Dept. of Psychiatry:

http://www.mbct.co.uk/

Information about Mindfulness course run through the Breathworks organisation:

http://breathworks-mindfulness.org.uk

**Books about managing specific conditions using Mindfulness Based techniques:**

"The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness" by J. Mark G. Williams, John Teasdale, Zindel V. Segal, Jon Kabat-Zinn pub: Guildford Press 2007.

"Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering" by Vidyamala Burch pub: Piatkus Books 2008

**Books about Mindfulness Based techniques in general**

"Life with Full Attention: A Practical Course in Mindfulness" Maitreyabandhu Windhorse Publications 2009

"Mindfulness-based Cognitive Therapy" by Rebecca Crane pub: Routledge 2008