

BOOK LIST
for Anxiety, Depression & related Disorders

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For a complete booklist with all categories, please see the resources page at the ADAVIC website:

http://www.adavic.org/resources/booklist_complete.pdf

MEDITATION

Meditation: Achieving Inner Peace and Tranquillity in Your Life (Little Books and CDs)

By Brian L., MD Weiss

(2002). Hardcover, 64 pages – Book & CD edition.

How to Meditate: A Guide to Self-Discovery

By Lawrence LeShan

(1999). Paperback, 240 pages.

Meditation "is an ageless human experience that has been discovered and explored and used in every period and every culture that we know about," writes Lawrence LeShan, a psychotherapist and scholar. LeShan discusses the psychological and physiological effects of meditation.

Instant Calm: Over 100 Easy-to-use Techniques for Relaxing Mind and Body

By Paul Wilson

(1999). Paperback, 322 pages.

This book is about crisis control, about restoring your sense of well-being when things go wrong. Within the pages of this book are over a hundred of the most powerful calming techniques known, from the wisdom of ancient civilizations to the discoveries of modern research. The techniques include meditation, acupuncture, self hypnosis, psychotherapy, aromatherapy, exercise, diet and music. Instant Calm contains immediate, effective methods of relaxation, and practical strategies for dealing with emergencies, and long-term remedies for eliminating stress, tension and negativity.

It contains over 100 easy-to-use techniques for relaxing body and mind. In entertaining, easy-to-follow language, here are over a hundred ingenious shortcuts to calm - gleaned from the wisdom of ancient civilizations to the discoveries of modern science. Paul Wilson's solutions are based on meditation, acupuncture, self-hypnosis, psychotherapy, aromatherapy, exercise, diet and much, much more. Better still, they work! *Instant Calm* is packed with fast-acting relaxation techniques as well as long-term remedies for eliminating stress, tension and negativity from your life.

Help Yourself and Your Child to Happiness: Skills for the Natural Management of Stres

By Pauline Mckinnon

(1991). Paperback, 144 pages.

Why meditate? For Pauline McKinnon the answer is simple: to make life happier. Stress is an all too common problem. Meditation is a surprisingly simple – and natural – solution. The sooner we begin to make use of it the better. Hence the need to offer this solution to our children. It is a guide for all who seek happiness and in particular for parents and teachers to help them pass on this simple and valuable skill.