

BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

Books

Title	Library Call Number
Being well (even when you're sick)	QZ266 R813b 2012
Better sex through mindfulness	WP610 B874 2018
Full catastrophe living	WM172 K11 2013
Guided meditations, explorations and healings	WM172 L6652 1991
Here for now	QZ266 R813h 2005
How to live well with chronic pain and illness	WM172.4 B527 2015
Journey of awakening	WM425.5 R3 D231 1990
Leaves falling gently	WB310 B344 2011
Mindfulness	QZ266 B291 2017
Mindful way workbook	WM172 T253 2014
Mindfulness-based cancer recovery	QZ266 C284 2010
Mindfulness-based stress reduction workbook	WM425 S781 2019
Mindfulness for beginners (with CD)	QZ266 K10ml 2012
Mindfulness solution to pain	WL700 G227 2009
Peace is every step	QZ266 H239p 1991
Power of now: a guide to spiritual enlightenment	WM172 T651 1999
Wherever you go, there you are	QZ266 K11w 1994

Books for Children

Title	Library Call Number
Handful of quiet	WS350.2 N576 2012
Moody cow meditates	WS350.2 M163 2009
Peaceful piggy meditation	WS350.2 M163 2004
Sitting still like a frog	WS350.2 S671 2013

eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

Mindful way through anxiety

<https://tinyurl.com/mindfulwaythrough>

Online Video

Mindfulness: stress reduction tools for healthier happier living

http://learn.phsa.ca/bcca/publicforum/greenshields/Greenshields_flv_loader.html

Online Audio

Being well (even when you're sick)

<http://www.shambhala.com/beingwell>

Soundcloud: BC Cancer has created playlists with audio for meditation, mindfulness, and relaxation. They can be accessed via browser on your computer or by downloading the free SoundCloud app on a mobile device.

<https://soundcloud.com/phsabc/sets/>

DVDs

Title	Library Call Number
Healing program	QZ266 R981he 2010 v.1-8
Mindfulness: stress reduction tools for healthier happier living	QZ200 B366a 2011

CDs

Title	Library Call Number
Guided mindfulness meditation: practice material	QZ266 G946 2005
Guided mindfulness meditation: series 1	QZ266 K10g 2002 PT.1 v.1-4
Heartmindfulness	QZ266 H436s 2009
Meditation for optimum health	QZ266 W422m 2001
Mindfulness based stress reduction	QZ266 G815 2013
Mindfulness for beginners	QZ266 K10m 2006 v.1-2
Mindfulness meditation	QZ266 K11a 1995 v.1-2
Mindfulness meditation for pain relief	QZ266 K12m 2010 v.1-2

Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about meditation and mindfulness. For a complete list of websites recommended by the BC Cancer librarians, go to www.bccancer.bc.ca/library

Centre for Mindfulness: www.umassmed.edu/cfm

HealthLinkBC: www.healthlinkbc.ca

Search "Health Topics" for Mindfulness-Based Stress Reduction.

Follow the "related topics" links to discover additional ideas on how to use MBSR and relaxation techniques.

Mayo Clinic: www.mayoclinic.org

Click on Patient Care & Health Info → Healthy Lifestyle → Stress Management → In Depth → Meditation or type "meditation" into the search box.

National Center for Complementary & Alternative Medicine: nccih.nih.gov/health

Click on Health Topics A-Z → M → Meditation.

Palouse Mindfulness: palousemindfulness.com/

Free online mindfulness-based stress reduction course.

Local Organizations

Here is a list of community organizations or mindfulness meditation counsellors in B.C. These groups are not affiliated with BC Cancer. Counselling and more resources are also available through our BC Cancer Patient &

Family Counselling programs: www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

BC Insight Meditation Society: <http://bcims.org>

A non-profit organization to connect and support Buddhist meditation communities in BC, with links to Mindfulness Meditation activities and classes.

Mindfulness Based Stress Reduction, BC: www.mbsrbc.ca

Mindfulness-practice teachers, classes, and retreats, located in B.C.

Mindfulness Communities of Vancouver & Victoria: www.mindfulnessvancouver.org and www.mindfulnessvictoria.org

These are groups for people who want to live a simple and mindful life in the tradition of Thich Nhat Hanh, which is a specific Buddhist tradition. They often hold events and meditation times which are open to all participants, not only Buddhists.

BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

Abbotsford

604.851.4710 x 646825
1.877.547.3777 (toll free)

Kelowna

250.712.3900 x 686821
1.888.563.7773 (toll free)

Prince George

1.888.675.8001 x 8001 (toll free)

Surrey

604.930.2098 x 654576
1.800.523.2885 (toll free)

Vancouver

604.675.8001
1.888.675.8001 x 8001

Victoria

250.519.5517
1.800.670.3322 (toll free)