

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

MEDITATION AND MINDFULNESS

Mental and emotional distress add to the struggle of coping with cancer. Patients and those who care for them may have trouble with unwanted thoughts or feelings, and difficulty sleeping or paying attention. Research has been done on how different kinds of meditation can help. Regularly practicing mindfulness has been shown to significantly reduce stress levels for many people and improve one’s general well being.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

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| Being well (even when you’re sick). Elana Rosenbaum. (Book) Accompanying streaming audio available at www.shambhala.com/beingwell . | QZ266 R813b 2012 |
| Better sex through mindfulness (Book) | WP610 B874 2018 |
| Full catastrophe living. Jon Kabat-Zinn. (Book) Using the wisdom of your body and mind to face stress, pain and illness. | WM172 K11 2013 |
| Guided meditations, explorations and healings. Stephen Levine. (Book) | WM172 L6652 1991 |
| Healing program. Rob Rutledge. (DVD) These videos were made during a weekend retreat on “Skills for Healing Cancer.” | QZ266 R981he 2010 v.1-8 |

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| Here for now: living well with cancer through mindfulness. Elana Rosenbaum. (Book) | QZ266 R813h 2005 |
| Leaves falling gently. Susan Bauer-Wu. (Book) | WB310 B344 2011 |
| Mindful way through anxiety (Book online) Available online at http://site.ebrary.com/lib/bccancer/detail.action?docID=10442272 . Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library. | |
| Mindfulness. Trish Bartley. (Book) | QZ266 B291 2017 |
| Mindfulness: stress reduction tools for healthier happier living. David Greenshields. (DVD) Presented at the BC Cancer Community Forum in 2011. Also available online at http://learn.phsa.ca/bcca/publicforum/greenshields/Greenshields_flv_loader.html . | QZ200 B366a 2011 |
| Mindfulness-based cancer recovery. Linda Carlson. (Book) | QZ266 C284 2010 |
| Mindfulness-based stress reduction workbook. Bob Stahl. (Book with CD) | WM425 S781 2010 |
| Mindfulness for beginners. Jon Kabat-Zinn.(Book with CD) | QZ266 K10ml 2012 |
| Mindfulness solution to pain. Jackie Gardner-Nix. (Book) | WL700 G227 2009 |
| Peace is every step. Thich Nhat Hanh. (Book) | QZ266 H239p 1991 |
| Power of now: a guide to spiritual enlightenment. Eckhart Tolle. (Book) | WM172 T651 1999 |
| Wherever you go, there you are. Jon Kabat-Zinn. (Book) | QZ266 K11w 1994 |

Meditation for Children

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| Handful of quiet. Thich Nhat Hanh. (Book) | WS350.2 N576 2012 |
| Moody cow meditates. Kerry Lee MacLean. (Book) | WS350.2 M163 2009 |
| Peaceful piggy meditation. Kerry Lee MacLean. (Book) | WS350.2 M163 2004 |
| Sitting still like a frog. Eline Snel. (Book) | WS350.2 S671 2013 |

AUDIO

This list provides the names of just a few of the many meditation & mindfulness audio resources that are available at BC Cancer libraries. These resources can help you learn to use mindfulness methods at your own pace.

Guided mindfulness meditation: practice material. Michael Speca (CD) **QZ266 G946 2005**

This CD includes practice material for the MBSR (mindfulness based stress reduction) program.

Guided mindfulness meditation: series 1. Jon Kabat-Zinn (CD) **QZ266 K10g 2002 PT.1 v.1-4**

Series 2 and 3 are also available, all of them 4-CD sets.

Heartmindfulness: a guided meditation. BC Cancer counselors (CD) **QZ266 H436s 2009**

Meditation for optimum health. Andrew Weil (CD) **QZ266 W422m 2001**

How to use mindfulness and breathing to heal your body and refresh your mind.

Mindfulness based stress reduction. David Greenshields (CD) **QZ266 G815 2013**

Includes a laying down and a guided sitting meditation.

Mindfulness for beginners. Jon Kabat-Zinn (CD) **QZ266 K10m 2006 v.1-2**

Mindfulness meditation: cultivating the wisdom of your body and mind. Jon Kabat-Zinn (CD) **QZ266 K11a 1995 v.1-2**

Mindfulness meditation for pain relief. Jon Kabat-Zinn (CD) **QZ266 K12m 2010 v.1-2**

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

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.

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to **www.bccancer.bc.ca** and click on Our Services→Services→Library→Recommended Websites.

Canadian Cancer Society **www.cancer.ca**

Click on Cancer Information→Diagnosis and Treatment→Complementary Therapies

A listing of many approaches to complementary therapies in cancer treatment, meditation among them.

Centre for Mindfulness **www.umassmed.edu/cfm**

A primary website about mindfulness practices as part of health care.

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.

Discusses types and benefits of meditation, and includes links to related articles.

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

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

Includes meditation videos, overview of methods, uses, risks, evidence and how it works.

Palouse Mindfulness**<https://palousemindfulness.com>**

Free online mindfulness-based stress reduction course.

LOCAL ORGANIZATIONS

This section provides a list of relevant community organizations or mindfulness meditation counsellors in BC. Note that these groups are not affiliated with BC Cancer. Counselling and more resources are also available through our BC Cancer Patient & Family Counselling programs.

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

Mindfulness-practice teachers, classes, and retreats, located in BC.

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 Communities of Vancouver & Victoria**www.mindfulnessvancouver.org****www.mindfulnessvictoria.org**

These are groups for people who desire 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 Buddhist.

If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.

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| Abbotsford | 604.851.4710, ext. 646825 or toll-free 1.877.547.3777 |
| Kelowna | 250.712.3900 ext. 686821 or toll-free 1.888.563.7773 |
| Prince George | Toll-free 1.888.675.8001, ext. 8001 |
| Surrey | 604.930.2098 ext. 654576 or toll-free 1.800.523.2885 |
| Vancouver | 604.675.8001 or toll-free 1.888.675.8001, ext. 8001 |
| Victoria | 250.519.5517 or toll-free 1.800.670.3322 |