

Compassion-Centered Spiritual Health Resource List

December 2018

Related books on compassion, contemplative practice, and how they are related

- **Archbishop Desmond Tutu and the Dalai Lama**
 - *Book of Joy: Lasting Happiness in a Changing World*
- **Richard Davidson and Daniel Goleman**
 - *Altered Traits: Science Reveals How Meditation Trains Your Mind, Brain, and Body*
- **The Dalai Lama**
 - *Beyond Religion: Ethics for a Whole World*
 - *The Art of Happiness: A Handbook for Living*
 - *Ethics for the New Millennium*
- **Sharon Begley**
 - *Train your Mind, Change your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves*
- **Daniel Goleman**
 - *Emotional Intelligence*
 - *Social Intelligence*
 - *Focus: The Hidden Driver of Excellence*
 - *A Force for Good*
- **Thupten Jinpa**
 - *A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives*
- **Daniel J. Siegel**
 - *Mindsight: The New Science of Personal Transformation*
- **Frans de Waal**
 - *The Age of Empathy: Nature's Lessons for a Kinder Society*
- **Dacher Keltner**
 - *Born to Be Good: The Science of a Meaningful Life*
- **Mathieu Ricard**
 - *Altruism: The Power of Compassion to Change Yourself and the World*
 - *Happiness: A Guide to Developing Life's Most Important Skill.*

CBCT® (Cognitively-Based Compassion Training)

- CBCT Website
<http://compassion.emory.edu/cbct-compassion-training/index.html>
- CBCT Published Research (Randomized Control Trials)
<http://compassion.emory.edu/cbct-compassion-training/research.html>
- Center for Contemplative Science and Compassion-Based Ethics at Emory University
www.compassion.emory.edu