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Articles, talks and/or exercises related to Buddhism, Buddhist Psychology, mindfulness and/or therapy and Buddhism

Buddhism and Buddhist Psychology Resources in the U.S.

1. Robert Thurman, Buddhist scholar from NYU www.bobthurmanpodcast.com
2. The Dalai Lama website <http://www.dalailama.com/>
3. Thich Nhat Hanh, Vietnamese monk, writer and presenter on mindfulness meditation, engaged Buddhism and Buddhist Psychology
<http://www.plumvillage.org/>
4. Open CourseWare at UC/Berkeley on Buddhist Psychology
http://educhoices.org/articles/Psychology_Buddhist_Psychology_OpenCourseWare_UC_Berkeleys_Free_Bachelor_Level_Class_on_Buddhist_Psychology.html
5. Dr. Mark Epstein, psychiatrist and leading thinker/author on using Buddhist Psychology in mental health practice
<http://www.psychotherapy.net/interview/epstein-buddhism>
6. The Institute for Mindfulness and Psychotherapy (local institute) psychotherapists who integrate Buddhist Psychology, mindfulness and psychotherapy
<http://www.meditationandpsychotherapy.org/>
7. Naropa University take courses and get degrees in Buddhist Psychology and other related areas <http://www.naropa.edu/>
8. Alan Wallace article on Buddhism and Buddhist Psychology
<http://www.alanwallace.org/wellbeing.pdf>
9. Dharmanet International- source for articles and information on Buddhism
<http://www.dharmanet.org/lcpsychology.htm>
10. Interview with Jon Kabat-Zinn, one of America's leading experts on integrating Buddhism into the healing arts. Author of *Full Catastrophe Living* and creator of the Mindfulness-Based Stress Reduction Program at UMASS/Medical Center
<http://www.onbeing.org/program/opening-our-lives/138>
11. Barre Center for Buddhist Studies (Barre, MA) <http://www.bcbsdharma.org/>
12. Many other sites can be found where dharma talks and meditation exercises can be found for Pema Chodron, Tara Brach, Mark Goldstein, Joan Halifax, and Steve Bachelor.