PLAY FUL MINDFULNESS

a joyful journey to everyday confidence, calm, and connection

bibliography

bibliography

- Alter, Cara Hale, The Credibility Code: How to Project Confidence and Competence When It Matters Most (Meritus Books: USA, 2012).
- Brezsny, Rob, Pronoia is the Antidote for Paranoia (Televisionary: San Rafael, CA, 2005).
- Cuddy, Amy, Presence: Bringing Your Boldest Self to Your Biggest Challenges (Orion Books: London, 2016).
- Da Vinci's Notebook, "Title of the Song" from The Life and Times of Mike Fanning, Uncle Buford Records, 2000.
- Davis, et al, "Thankful for the little things: A meta-analysis of gratitude interventions. J Couns Psychol. 2016 Jan;63(1):20-31. doi: 10.1037/cou0000107. Epub 2015 Nov 16.
- Dickens, Leah R. (2017) Using Gratitude to Promote Positive Change: A Series of Meta-Analyses Investigating the Effectiveness of Gratitude Interventions, Basic and Applied Social Psychology, 39:4, 193-208, DOI: <u>10.1080/01973533.2017.1323638</u>.
- Dweck, Carol, Mindset: The New Psychology of Success (Ballantine Books: New York, 2006).
- Jagodowski, TJ and Pasquesi, David, with Pam Victor, Improvisation at the Speed of Life: The TJ and Dave Book (Solo Roma: Chicago, IL, 2015).

Johnstone, Keith, Impro: Improvisation and the Theatre (Methuen: New York, 1981).

- Kabat-Zinn, Jon, Coming to Our Senses: Healing Ourselves and the World Through Mindfulness (Hyperion: New York, NY, 2005).
- ------ Wherever You Go, There You Are (Hyperion: New York, NY, 1994).

PLAYFUL MINDFULNESS BIBLIOGRAPHY—© ANIMA Learning and Ted DesMaisons 2019 For copies of the book, e-book, and audiobook, visit <u>www.playfulmindfulness.info</u>

- Kelly, Kraft-Todd, Schapira, Kossowsky, and Reiss, "The Influence of Patient-Clinician Relationship on Healthcare Outcomes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials," PLOS One. 2014; 9(6): e101191
- Macy, Joanna, Active Hope: How to Face the Mess We're In Without Going Crazy (New World Library: Novato, CA, 2012),
- Evelyn McFarlane and James Saywell, *If (Questions for the Game of Life)* (Villard: New York, 1995).

----- lf^2 ...: 500 Questions for the Game of Life (Villard: New York, 1996).

- Nachmanovitch, Stephen, Free Play: The Power of Improvisation in Life and the Arts (Jeremy Tarcher: New York, NY, 1990).
- Palmer, Parker, A Hidden Wholeness: The Journey Toward an Undivided Life (Jossey-Bass: San Francisco, CA, 2004).
- Perel, Esther, *Mating in Captivity* (Harper: New York, 2006).
- Rodenburg, Patsy, The Second Circle: How to Use Positive Energy for Success in Every Situation (WW Norton: New York, NY, 2008).
- Ryan Madson, Patricia, Improv Wisdom: Don't Prepare, Just Show Up (Random House: New York, 2005).
- Stillgoe, John, Outside Lies Magic (Walker Publishing: USA, 1998).
- Tarrant, John, Bring Me the Rhinoceros (Shambhala: Boston, 2008).
- Wilcox, David, "Leave it Like it Is," from How Did You Find Me Here, A & M Records, 1989.
- ------ "Show the Way," from Big Horizon, A & M Records, 1994.

Wiseman, Richard, *The Luck Factor* (Talk Books: United Kingdom, 2003).

Zweig, Connie and Adams, Jeremiah, Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature (Jeremy Tarcher: Los Angeles, CA, 1991).

FROM THE INTERNET

Sandee LaMotte, CNN, "Jazz Improv and your brain: the key to creativity?", Updated 7:58 pm ET, Sunday April 29, 2018. <u>https://www.cnn.com/2018/04/29/health/brain-on-jazz-improvisation-improv/index.html</u>

Mandy Len Catron, "To Fall in Love With Anyone, Do This" from "Modern Love" in The New York Times, January 9, 2015.

https://www.nytimes.com/2015/01/11/fashion/modern-love-to-fall-in-love-with-anyone-do-this.html

Claire Lew, "The 25 most popular icebreaker questions based on four years of data," <u>https://m.signalvnoise.com/the-25-most-popular-icebreaker-questions-based-on-four-years-of-data-893df9b27531</u>, accessed October 15, 2018.

"Pat Kelly, 'Thought Leader,' gives talk that will inspire your thoughts," CBC Radio, <u>https://www.youtube.com/watch?time_continue=241&v=_ZBKX-6Gz6A</u>. Published June 8, 2016.

"The Science of Gratitude: More Benefits than Expected; 26 Studies and Counting," <u>https://www.happierhuman.com/the-science-of-gratitude/</u>, site visited Nov 10, 2018.