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*
- Matthieu Ricard
  - *Altruism: The Power of Compassion to Change Yourself and the World*

CBCT® (Cognitively-Based Compassion Training)

- CBCT Website
  [http://compassion.emory.edu/cbct-compassion-training/index.html](http://compassion.emory.edu/cbct-compassion-training/index.html)

- CBCT Published Research (Randomized Control Trials)
  [http://compassion.emory.edu/cbct-compassion-training/research.html](http://compassion.emory.edu/cbct-compassion-training/research.html)

- Center for Contemplative Science and Compassion-Based Ethics at Emory University
  [www.compassion.emory.edu](http://www.compassion.emory.edu)