

## Mindfulness and the busy physician

Spiritual traditions from the East are becoming more and more mainstream in the 21st century. Mindfulness or moment-by-moment awareness can lead to mindful meditation and mindfulness-based stress reduction, both of which have many potential applications in psychiatry and medicine. Your patients are likely aware of this topic through media coverage, such as Oprah's endorsement of Eckhardt Tolle's books (*The Power of Now: A guide to spiritual enlightenment*, *A New Earth* and *Awakening to Your Life's Purpose*).

In keeping with the College Library's vision of providing reliable clinical information we have collected four books to date on mindfulness: *Mindfulness and Psychotherapy*, *Mindfulness-Based Treatment Approaches: Clinician's guide to evidence base and applications*, *Mindful Therapy: A guide for therapists and helping professionals*, and *The Mindful Brain: Reflection and attunement in the cultivation of well-being*. For anyone interested in the topics of awareness, meditation, attention, the psychology of Buddhism, mind-body relations, mind-body and relaxation techniques, religion and psychology, or even behavior therapy or more general psychotherapy methods, one or more of these books would provide an interesting read. All four were featured in different issues of our newsletter, *Cites & Bytes*, and have enjoyed significant circulation.

Recommendations for other titles on this subject are welcomed and should be sent to the College Library (604 733-6671, fax 604 737-8582 or e-mail [medlib@mls.cpsbc.ca](mailto:medlib@mls.cpsbc.ca)).

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