

## **RECOMMENDED READINGS and REFERENCES** (See **Recommended Websites** below)

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Zuercher-White, Elke. **An End to Panic – Breakthrough Techniques for Overcoming Panic Disorder.** 1995. New Harbinger Publications. Oakland, CA.

## **RECOMMENDED WEBSITES (listed by subject domain)**

### **Positive Psychology:**

Martin Seligman's authentic happiness site:

[www.authentichappiness.sas.upenn.edu/default.aspx](http://www.authentichappiness.sas.upenn.edu/default.aspx)

Peterson and Seligman's Signature Strength Survey is available at:

[www.viasurvey.org/Account/Register](http://www.viasurvey.org/Account/Register)

American Psychological Association's 10 Ways to Build Resilience, from The Road to Resilience: [www.apa.org/helpcenter/road-resilience.aspx](http://www.apa.org/helpcenter/road-resilience.aspx)

### **Mindfulness and Meditation:**

For access to mindfulness and concentrative meditations compiled by Ronald Siegel: [www.mindfulness-solution.com](http://www.mindfulness-solution.com)

Jon Kabat-Zinn: [www.mindfulnesscds.com](http://www.mindfulnesscds.com)

Susan Woods: [www.slwoods.com](http://www.slwoods.com)

### **Spirituality:**

Michael Brant DeMaria's website: **ontos.org**.