



Mind-Body Medicine for Mental Health: Resources

INFORMATION ON MIND-BODY MEDICINE

- Meditation: An Introduction**
National Center for Complementary and Alternative Medicine
<http://nccam.nih.gov/health/meditation/overview.htm>
- Yoga for Health: An Introduction**
National Center for Complementary and Alternative Medicine
<http://nccam.nih.gov/health/yoga/introduction.htm>
- Tips for Talking With Your Health Care Providers About CAM**
National Center for Complementary and Alternative Medicine
<http://nccam.nih.gov/health/decisions/talkingaboutcam.htm>

SELF-HELP BOOKS

- Feeling Good—the New Mood Therapy***
David D Burns
Avon Books
ISBN: 0380810336
- Control Your Depression***
Peter M Lewinsohn, et al.
Simon & Schuster Books
ISBN: 0671762427

SELF-HELP WEBSITES

- MoodGym**
<http://moodgym.anu.edu.au/>
- Beating the Blues**
<http://www.beatingtheblues.co.uk/>