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By Michael Hampe

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<http://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

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<http://www.exploremeditation.com/guided-imagery-scripts/>

2.1.1 Types of meditation; 2.1.2 Four foundations for mindfulness; Michael S. Diener & Michael H. Kohn (trans.) (1991). The Shambhala Dictionary of Buddhism and Zen.

http://en.wikipedia.org/wiki/Buddhist_meditation

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<https://www.questia.com/magazine/1P3-3254936351/dwell-on-the-beauty-of-life-books>

Four Meditations on Happiness, Michael Hampe (Atlantic Books, 2014) Look Who's Back, Timur Vermes (MacLehose Press, 2014) Forever Yours, Daniel Glattauer (MacLehose

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<http://www.chopra.com/online-programs/8-week-happiness-series/week-6-cultivate-the-gifts-of-mindfulness>

Increasing Personal Happiness by Changing What You Do, Not How You Think. Paul Dolan Ph.D., Happiness in this World.

Reflections of a Buddhist physician. Alex

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and how to joyfully embrace the way of happiness. The Four Last Things is very inspirational talk and current. Michael - Fontana, CA Fr

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