## Selected Bibliography Mindfulness, Photography & Creativity

## Compiled by Charles Needle

- Ang, Tom. *Tao of Photography: Unlock Your Creativity Using the Wisdom of the East*. New York: Amphoto Books, 2000.
- Barks, Coleman. The Essential Rumi. New York: HarperCollins Publishers, 2004.
- Bayles, David, and Ted Orland. *Art & Fear: Observations on the Perils (and Rewards) of Artmaking*. Santa Barbara: Capra Press, 1993.
- Bray, Stephen. *Photography & Zen: Discovering Your True Nature Through Photography* (Photography & Consciousness Book 2). 2014.
- Cameron, Julia. *The Artist's Way: A Spiritual Path to Higher Creativity*. New York: Tarcher/Putnam, 1992.
- Cave, Alessandra. Shooting With Soul: 44 Photography Exercises Exploring Life, Beauty and Self-Expression. Beverly: Quarry Books, 2013.
- Colier, Nancy. *The Power of Off: The Mindful Way to Stay Sane in a Virtual World*. Boulder: Sounds True, 2016.
- Csikszentmihalyi, Mihaly. *Flow: The Psychology of Optimal Experience*. New York: HarperPerennial, 1991.
- Dreamer, Oriah Mountain. The Invitation. New York: Harper Collins Publishers, 1999.
- Dreamer, Oriah Mountain. *What We Ache For: Creativity and the Unfolding of Your Soul*. New York: HarperCollins Publishers, 2005.
- DuBose, Julie. *Effortless Beauty: Photography as an Expression of Eye, Mind and Heart*. Boulder: Miksang Publications, 2013.
- Duchemin, David. *A Beautiful Anarchy: When the Life Creative Becomes the Life Created.*Vancouver: Craft & Vision Press, 2014.
- Durston, Diane. Wabi Sabi: The Art of Everyday Life. North Adams: Storey Publishing, 2006.
- Elsheimer, Janice. *The Creative Call: An Artist's Response to the Way of the Spirit*. Colorado Springs: Shaw Books, 2001.

- Exley, Helen. *In Beauty May I Walk: Words of Wisdom by Native Americans*. New York: Exley Publications, 1997.
- Fernando, Henry. Vision 365: Mastering the Everyday Practice of Seeing (Kindle edition), 2018.
- Franck, Frederick. *The Zen of Seeing: Seeing/Drawing as Meditation*. New York: Vintage Books, 1973.
- Greenhalgh, Wendy Ann. *Stop, Look, Breathe, Create: Four Easy Steps to Mindfulness Through Creativity*. London: Ilex, 2017.
- Gross, Philippe L., and S.I. Shapiro. *The Tao of Photography: Seeing Beyond Seeing*. Berkeley: Ten Speed Press, 2001.
- Hahn, Tich Nhat. Moments of Mindfulness: Daily Inspiration. Berkeley: Parallax Press, 2013.
- Hahn, Tich Nhat. *You Are Here: Discovering the Magic of the Present Moment*. Boston: Shambhala Publications, 2009.
- Hoffmann, Torsten Andreas. *Photography as Meditation: Tap Into the Source of Your Creativity*. Santa Barbara: Rocky Nook, 2014.
- Isenhower, Valerie K. *Meditation on Both Sides of the Camera: A Spiritual Journey in Photography*. Nashville: Upper Room Books, 2012
- Jones, Dewitt. "Celebrate What's Right With the World" TEDx Talk, 2017. <a href="https://dewittjones.com/pages/tedx-dewitt-jones">https://dewittjones.com/pages/tedx-dewitt-jones</a>.
- Kabat-Zinn, Jon. Falling Awake: How to Practice Mindfulness in Everyday Life. Hachette Books, 2018.
- Kabat-Zinn, Jon. Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life. New York: Hachette Books, 2005.
- Karr, Andy, and Michael Wood. *The Practice of Contemplative Photography: Seeing the World with Fresh Eyes.* Boston: Shambhala Publications, 2011.
- Koren, Leonard. Wabi-Sabi for Artists, Designers, Poets & Philosophers. Berkeley: Stone Bridge Press, 1994.
- Lerner-Robbins, Helene. *Creativity* ('Trusting Intuition' meditation series). New York: HarperCollins Publishers, 1993.
- Lester, Paul. *The Zen of Photography: How to Take Pictures With Your Mind's Camera*. Lincoln: Writers Club Press 2000.

- Leverant, Robert. Zen in the Art of Photography. Sebastapol: Images Press, 2011.
- Lightman, Alan. In Praise of Wasting Time. New York: TED Books, 2018.
- Loori, John Daido. *Making Love With Light: Contemplating Nature With Words and Photographs.*Mount Tremper: Dharma Communications, 2000.
- Loori, John Daido. *The Zen of Creativity: Cultivating Your Artistic Life*. New York: Ballantine Books, 2004.
- Martineau, Paul. *Minor White: Manifestations of the Spirit*. Los Angeles: J. Paul Getty Museum, 2014.
- Ort, Kim Manley. *Adventures in Seeing: How the Camera Teaches You to Pause, Focus and Connect with Life*. Niagra-on-the-Lake: Kim Manley Ort Photography, 2016.
- Paintner, Christine Valters. *Eyes of the Heart: Photography as a Christian Contemplative Practice*. Notre Dame: Sorin Books, 2013.
- Patterson, Freeman. *Photography and the Art of Seeing: A Visual Perception Workshop for Film and Digital Photography*. Richmond Hill: Firefly Books, 2011.
- Peterson, Bryan. *Learning to See Creatively: Design, Color and Composition in Photography*. Berkeley: Amphoto Books, 2015.
- Phillips, Jan. God Is at Eye Level: Photography as a Healing Art. Wheaton: Quest Books, 2000.
- Richter, Philip J. Spirituality in Photography: Taking Pictures With Deeper Vision. London: Darton, Longman and Todd Ltd., 2017.
- Rotenberg, Nancy. Photography and The Creative Life. Aliquippa: Natural Tapestries, 2006.
- Rowe, Wayne. *Zen and the Magic of Photography: Learning to See and to Be through Photography.* Santa Barbara: Rocky Nook, 2010.
- Schiller, David. *See Your Way to Mindfulness: Ideas and Inspiration to Open Your I.* New York: Workman Publishing Company, 2016.
- Soloway, Eddie. See, Think, Do: A Natural Eye (card deck). Santa Fe: Eddie Soloway, 2017.
- Stahl, Bob and Elisha Goldstein. *A Mindfulness-Based Stress Reduction Workbook*. Oakland: New Harbinger Publications, 2010.

- Tan, Chade-Mengtan. *Joy on Demand: The Art of Discovering Happiness Within*. New York: HarperCollins Publishers, 2016.
- Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment*. Novato: New World Library, 1999.
- Trungpa, Chogyam. True Perception: The Path of Dharma Art. Boston: Shambhala Publications, 2008.
- Ulrich, David. *Zen Camera: Creative Awakening with a Daily Practice in Photography*. New York: Watson-Guptill Publications, 2018.
- Wood, Michael and Julie DuBose. *Opening the Good Eye: A Path to True Seeing*. Boulder: Miksang Publications, 2015.