

DEPARTMENT FOR CONTINUING EDUCATION

Rewley House, 1 Wellington Square, Oxford, OX1 2JA
Tel: +44 (0)1865 270360 Fax: +44 (0)1865 280760
enquiries@conted.ox.ac.uk www.conted.ox.ac.uk



READING LIST

Course Title: Mindfulness and Meditation: The Art and Science of Self-transformation
Location: Online, None
Term Dates: 24 Apr 2025 to 26 Jun 2025
Tutor: Miguel Farias

The reading list below was supplied by the course tutor.

If you have enrolled on a course starting in the autumn, you can become a borrowing member of the Rewley House library from 1st September. If you are enrolled on a course starting in other terms, you can become a borrowing member once the previous term has ended. For example, students starting in January can join the Library in early December and those starting in April can join in early March.

If you are planning to purchase any books, please keep in mind that courses with insufficient students enrolled will be cancelled. The Department accepts no responsibility for books bought in anticipation of a course running.

Preparatory Reading List

The items on this list are to give you some background to the materials and ideas that we will be covering on the course.

Author	Title
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Farias, Miguel & Wikholm, Catherine	<i>The Buddha Pill: Can Meditation Change You? (2019, 2nd edition)</i>
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Course Reading List

The items on this list are to support your learning while you are taking the course.

Author	Title
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Edited by M Farias, D Brazier, & M Lalljee	<i>Oxford Handbook of Meditation (2021)</i>
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