

# **The Feeling Tone Programme**

## ***Exploring Mindfulness Frame by Frame***

### **RESOURCES**

#### THE EIGHT-WEEK FEELING TONE PROGRAMME

Williams, M., & Penman, D., [\*Deeper Mindfulness: The New Way to Rediscover Calm in a Chaotic World\*](#) (London, Piatkus; 2023)

Williams, J.M.G., Baer, R., Batchelor, M., Crane, R., Cullen, C., De Wilde, K., Fennell, M.J.V., Kantor, L., Kirby, J., Ma, S.H., Medlicott, E., Gerber, B., Johnson, M. Ong, E-L., Peacock, J.W., Penman, D. Phee, A. Radley, L., Watkin, M., & Taylor, L. (2022). What Next After MBSR/MBCT? An Open Trial of an 8-Week Follow-on Program Exploring Mindfulness of Feeling Tone (*vedanā*). *Mindfulness* **13**, 1931–1944  
<https://doi.org/10.1007/s12671-022-01929-0>

#### A TASTE OF THE COURSE

A link to videos and podcasts of the eight one-hour ‘taster’ sessions presented by Mark Williams (plus two bonus summary sessions) produced by the Oxford Mindfulness Centre are available at [www.mbct.co.uk/mindfulness-frame-by-frame/](http://www.mbct.co.uk/mindfulness-frame-by-frame/)

#### EMOTIONS, FEELINGS AND THE EMBODIED MIND

Barrett L.F. *How Emotions are Made: the secret life of the brain* (Macmillan, 2017)

Damasio, A., *The Strange Order of Things: Life, Feeling and the Making of Cultures* (Penguin, 2017)

Clark, A., *The Experience Machine: How our Minds Predict and Shape Reality* (Penguin, 2023)

Teasdale, J.D. *What Happens in Mindfulness: Inner Awakening and Embodied Cognition* (Guilford, 2022)

#### MINDFULNESS-BASED COGNITIVE THERAPY SELF-HELP GUIDES

Williams, M., & Penman, D. *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*. (London, Piatkus; New York Rodale, 2011 – reprinted *with updated Notes and References* 2021)

Teasdale, J. D., Williams, J. M. G. & Segal, Z. V. *The Mindful Way Workbook* (Guilford Press, 2014).