



## **PATHFINDER: MEDITATION**

### **ENCYCLOPEDIAS**

Gale Encyclopedia of Medicine (R/610.003/G151) UNDER: Meditation

Encyclopedia of Mental Health (R/616.89003/E56) UNDER: Meditation and the Relaxation Response

Encyclopedia of Religion (R/200.3/E56re) UNDER: Transcendental Meditation; Meditation

World Book Encyclopedia (R/031/W927) UNDER: Meditation

### **FULL TEXT**

In Gale Virtual Reference Library UNDER: Meditation

In MasterFILE Premier (some full text) UNDER: Meditation

In WilsonSelectPlus UNDER: Meditation

You may want to use additional keywords in order to narrow your search results.

### **BOOKS**

Check the Online Catalog UNDER: Meditation; type of meditation (for example, transcendental meditation)

Browse the following areas: 154.7; 158.12; 294.34435

The Niles Library has a number of books that include information about meditation.

Listed below are some examples:

The Complete Idiot's Guide to Meditation (158.12/B927me)

Finding the Still Point: A Beginner's Guide to Zen Meditation (294.34435/L863fi)

The Fine Arts of Relaxation, Concentration, and Meditation: Ancient Skills for Modern Minds (613.792/L663fi)

Genuine Happiness: Meditation as the Path to Fulfillment (294.34435/W187ge)

The Handbook of Jewish Meditation Practices (296.72/C776ha)

How to Meditate: A Practical Guide (294.34435/M135ho)

Learn to Meditate: A Practical Guide to Self-Discovery and Fulfillment (158.12/F679le)

Mediation and Hypnosis (154.7/R813me)

Meditation and Relaxation in Plain English (158.12/S532me)

Meditation Made Easy (158.12/R673me)

Meditation Now or Never (294.34435/H143me)

Opening to Meditation (158.12/L269op)

Quiet Mind: A Beginner's Guide to Meditation (294.34435/Q6)

Science of Being and Art of Living: Transcendental Meditation (158.125/M214sc)

The Theory and Practice of Meditation (158.12/T396)

Thorson's Principles of Meditation (204.35/F312th)

Walking Meditation (294.34435/N576wa)  
Zen Mind, Beginner's Mind (294.34435/S968zi)

(If a book is checked out, one of the reference librarians can put it on hold for you.)

**NOTE**

This pathfinder was prepared to assist you in locating materials. If you have any questions, or require assistance, please ask a Librarian on duty.

Niles Public Library District  
6960 Oakton  
Niles, Illinois 60714  
(847) 663-1234

Reference Services: (847) 663-6603 or (847) 663-6604  
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