

Bibliography

- Amen, D. G., *Change Your Brain, Change Your Life*. New York: Three Rivers Press, Random Hill, 1998.
- Beilock, S., *How the Body Knows Its Mind*. New York: Atria Books, 2015.
- Bhikkhu Sujato and Bhikkhu Bramali, *The Authenticity of the Early Buddhist Texts*. Kandy: Buddhist Publication Society, 2014.
- Bodhi, B. (tr.), *The Middle Length Discourses of the Buddha*. 4th edition, Boston: Wisdom Publications, 2009.
- Bodhi, B. (tr.), *The Connected Discourses of the Buddha*. Boston: Wisdom Publications, 2000.
- Bodhi, B. (tr.), *The Numerical Discourses of the Buddha*. Boston: Wisdom Publications, 2012.
- Bronkhorst, J., *Buddhist Teaching in India*. Somerville: Wisdom Publications, 2009.
- Buddharakkhita Thera (tr.), *The Dhammapada*. Kandy: Buddhist Publication Society, 2007.
- Buddharakkhita, V. A., *Metta: The Philosophy and Practice of Universal Love*. Kandy: Buddhist Publication Society, 2013.
- Buddharakkhita, V. B., *Caring for Our Planet: Buddhism and the Environment*. Palkelele: Sri Lanka International Buddhist Academy, 2014.
- Chah, Ven. Ajahn, *Meditation*. Kandy: Buddhist Publication Society, 2010.
- Chopra, Deepak, and Tanzi, Rudolf, *Super Brain*. New York: Harmony Books, Random House, 2012.
- Dreyfus, G. "Is Mindfulness Present-Centered and Non-Judgemental?", *Contemporary Buddhism*. Vol. 12, No.1, May, 2011: 41-54.

- Dutt, N., Buddhist Sects in India. Delhi: Motilal Banarsidas, 2007.
- Feuerstein, G., The Psychology of Yoga. Boston: Shambala, 2013.
- Gunaratana, Ven. Bhante Henepola, Jhanas in Theravada Buddhism. Kandy : Buddhist Publication Society, 2007.
- Gunaratana, Ven. Bhante Henepola, "Meditation on Loving Kindness", Buddhist Publication Society Newsletter. *No. 69*, 2013: 2.
- Gunaratana, Ven. Bhante Henepola, Mindfulness in Plain English. Taipei: Corporate Body of Buddha Educational Foundation, 1991.
- Hanh, Ven. Thich. Nhat. Buddha Mind, Buddha Body. Berkeley: Parallax Press, 2010.
- Hansen, Rich, MD and Mendius, Richard, MD, Buddha's Brain. Oakland: New Harbinger, 2009.
- Heendeniya, K., A Gist of Dharma. Dehiwela: Buddhist Cultural Center, 2001.
- Horner, I. (tr.), Vinaya Pitaka The Book of Discipline, Vol. IV. London: Luzak and Company Ltd, 1971.
- Jaffe, Eric, "The Psychological Study of Smiling", APS Online Journal, 10 December 2010, accessed at:
<http://www.psychologicalscience.org/index.php/publications/observer/2010/december-10/the-psychological-study-of-smiling.html>. Accessed October 2017.
- Janakabhivamsa, S., Vipassana Meditation. Nugegoda: Buddhist Gem Fellowship, 1985.
- Kaku, M., The Future of the Mind. New York: Random House, 2014.
- Kalupahana, D. J., A Path of Morals: Dhammapada. Dehiwala: Buddhist Cultural Center, 2008.

- Kalupahana, D. J., *Karma and Rebirth*. Dehiwala: Buddhist Cultural Center, 2009.
- Karunadasa, Y., *Theravada Abhidhamma*. Hong Kong: Centre for Buddhist Studies, 2010.
- Karunadasa, Y. "Theravada as Vibhajjavada". A paper presented at the Symposium on Wilhelm Geiger and the Study of Sri Lanka, Colombo, 1995, (mimeographed).
- Kraft, D., *Buddha's Map*. Nevada City: Blue Dolphin Press, 2013.
- Maharshi, Sri Ramana, *Words of Grace?* 6th edition: Tiruvanamalai: Sri Ramanasramam, 2008.
- Medhananda Thero, Ven. W., *Daily Buddhist Worship*. New Delhi: Maha Bodhi Society of India, 1997/2540.
- Ñāṇamoli, Bhikkhu, *Mindfulness of Breathing*. Kandy: Buddhist Publication Society, 2015.
- Ñāṇamoli, Bhikkhu (tr.), *The Path of Purification (Visuddhimagga)*. Taipei: Corporate Body of Buddha Educational Foundation, 1956.
- Narada Thera (tr.), *The Dhammapada*. Dehiwela: Buddhist Cultural Center, 2514/2000.
- Nugegoda, D. D., *Overcoming Psychological Stress*. Rajarata University Faculty of Medicine and Allied Sciences, 2010.
- Pare, D. D. (2002). "Amygdala Oscillations and the Consolidation of Emotional Memories, Trends in Cognitive Sciences. Vol 6, 2002:306-314.
- Rahula, Ven. Walpola, *Zen and the Taming of the Bull*. Wellampitiya: Godage International Publishers (Pvt.), Ltd, 2003.
- Rhys Davids, T.W. and Stede, William, *The Pali-English Dictionary*. New Delhi: Asian Educational Services, 2011.
- Saddhatissa, Ven. Hammalawa, *Buddhist Ethics*. Somerville: Wisdom Publications, 2003.

- Sarachchandra, E., *Buddhist Psychology of Perception*. Dehiwala: Buddhist Cultural Center, 2009.
- Schwartz, J. M., *The Mind and the Brain*. New York: Harper Collins, 2009.
- Sole-Leris, *Tranquility and Insight*. Kandy: Buddhist Publication Society, 1999.
- Sucitto, Ven. A., *Kamma and the End of Kamma*. Hemel Hempstead: Amaravati Publications, 2008.
- Swaab, D., *We Are Our Brains*. New York: Random House, 2014.
- Taylor, J. B., *My Stroke of Insight*. New York: Plume, Penguin Group, 2009.
- Vamalaramsi, Ven. Bhante. *A Guide to Tranquil Wisdom Insight Meditation*. Annapolis: Dhamma Sukha Publishing, 2015.
- Vimalaramsi, Ven. Bhante, *Moving Dhamma*, Vol. 1. Annapolis: Dhamma Sukha, 2012.
- Vimalaramsi, Ven. Bhante, *Breath of Love*. Annapolis: Ehipassiko Foundation, 2011.
- Vimalaramsi, Ven. Bhante, *Life is Meditation-Meditation is Life*. Annapolis: Dhamma Sukha, 2014.
- Vimalaramsi, Ven. Bhante, *Guide to Forgiveness Meditation*. Annapolis: Dhamma Sukha Publishing, 2015.
- VPI, *Mahasatipatthana Sutta*. Igatpuri: Vipassana Research Institute, 2006.
- Walshe, Maurice (tr.), *The Long Discourses of the Buddha*. Boston: Wisdom Publications, 1995.