

Available at <http://www.accesstoinsight.org> (Theravada)

The Practice of Loving Kindness (Metta), As Taught by the Buddha in the Pali Canon (1994) Nanamoli Thera

Head & Heart Together, Bringing Wisdom to the Brahma-viharas (2009) Thanissaro Bhikku

Protection Through Satipatthana (1994) Nyanaponika Thera

Metta, The Philosophy and Practice of Universal Love (1995) Acharya Buddharakkhita

No Strings Attached, The Buddha's Culture of Generosity (2009) Thanissaro Bhikku

Generosity (dana, caga) (2008) (no author noted)

The Noble Eightfold Path, The Way to the End of Suffering (1999) Bhikkhu Bodhi

Available at <http://www.insightmeditationcenter.org>

Parami Practice Program

Dharma Practice Day, Program on the Paramis

Dharma Practice Day 2010-2011 (The Perfections-Loving Kindness, 9th month)

Dharma Practice Day 2010-2011 (The Perfections- Generosity, 1st month)

Suggested Reading on building compassion practice (Theravada & other traditions)

Feldman, Christina. (2005). *Compassion: Listening to the cries of the world*. Berkeley, CA: Rodmell Press.

Salzberg, Sharon & Thurman, Robert. (2013). *Love your enemies: How to break the anger habit & be a whole lot happier*. Carlsbad, CA: Hay House Inc.

Salzberg, Sharon. (2002). *Faith: trusting your own deep experience*. NY, NY: Riverhead Books.

Salzberg, Sharon. (1997). *A heart as wide as the world*. Boston, MA: Shambhala Publications.

Salzberg, Sharon. (2014). *Real happiness at Work: Meditations for accomplishment, achievement, and peace*. NY, NY: Workman Publishing.

Aronson, Harvey B. (2008). *Love and sympathy in Theravada Buddhism*. Delhi, India: Motilal Banarsidass Publishers (also available at Amazon.com)

Thich Nhat Hanh. (2008). *Cultivating the mind of love*. Berkeley, CA: Parallax Press.

Kittisaro & Thanissara. (2014). *Listening to the heart: A contemplative journey of Engaged Buddhism*. Berkeley, CA: North Atlantic Books.

Jinpa, Thupten. (2015). *A fearless heart*. NY,NY: Hudson Street Press.

Ecumenical

Armstrong, Karen. (2010). *Twelve steps to a compassionate life*. NY, NY: Anchor Books.

See also <http://www.charterforcompassion.org>

Compassion & Neuroscience

Gilbert, Paul. (2009). *The compassionate mind*. Oakland, CA: New Harbinger Publications.

Gilbert, Paul, & Choden. (2014). *Mindful compassion. How the science of compassion can help you understand your emotions, live in the present, and connect deeply with others*. Oakland, CA: New Harbinger Publications.

Germer, Christopher. (2009). *The mindful path to self compassion*. NY,NY: Guilford Press.

Neff, Kristin. (2011). *Self compassion*. NY,NY: Harper Collins Publishing.