



Books on Mindfulness & Meditation

Meditation for Fidgety Skeptics by Dan Harris

10% Happier by Dan Harris

Centering Prayer and Inner Awakening by Cynthia Bourgeault

Real Happiness, Insight Meditation by Sharon Salzberg

Real Love: The Art of Mindful Connection by Sharon Salzberg

Wherever You Go There You Are by Jon Kabat-Zinn

The Power of Now: A New Earth, A Wakening to Your Life's Purpose
by Eckhart Tolle

The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle

Oneness with All Life by Eckhart Tolle

Fail Fail Again Fail Better: Wise Advice for Leaning into the Unknown by
Pema Chodron

Breath by Breath: The Liberating Practice of Insight Meditation
by Larry Rosenberg

Minding the Body, Mending the Mind by Joan Borysenko, Ph.D.

***The Mindful Way Through Depression: Freeing Yourself from Chronic
Unhappiness*** by Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn

The Gifts of Imperfection by Brene Brown

Insight Meditation Workbook by Sharon Salzberg and Joseph Goldstein

***The Blooming of a Lotus: Guided Meditation Exercises for Healing and
Transformation*** by Thich Nhat Hanh