

BOOK RECOMMENDATIONS

Mindfulness and Meditation

Full Catastrophe Living, Whenever You Go, There You Are by Jon Kabat-Zinn
The Relaxation Response by Herbert Benson
Mindfulness in Plain English by Bahante Gunaratana
The Mindful Way Through Anxiety by Susan M. Orsillo & Lizabeth Roener
The Miracle of Mindfulness Thich Nhat Hanh
Effortless Mind by Ajayan Borys
The Mindfulness Breakthrough by Sarah Silverston

Psychology and Mindsets

Breaking the Habit of Being Yourself by Joe Dispenza
Think and Grow Rich by Napoleon Hill
The Happiness Trap, The Confidence Gap, and ACT with Love by Russ Harris
The Power of the Subconscious Mind by Joseph Murphy
The Brain that Changes Itself by Norman Doidge

Personal and Spiritual Development

When Everything Changes, Change Everything by Neale Donald Walsh
The Monk Who Sold His Ferrari, & Discover Your Destiny by Robin Sharma
I Can See Clearly Now, & Change Your Thoughts, Change Your Life by Wayne Dyer
A New Earth, and The Power of Now by Eckhart Tolle
Happiness: Lessons from a New Science by Richard Layard
Brave, & Find Your Courage by Margie Warrell
The Art of Happiness, and An Open Heart by The Dalai Lama
The Fear Cure by Lissa Rankin
Fear by Thich Nhat Hanh
The Secret by Rhonda Byrne

