

Barnet Libraries' Mindfulness Book List

Mindfulness has been described as paying more attention to the present moment, to your own thoughts and feelings, and to the world around you.

This can improve your mental wellbeing as Mindfulness can help us enjoy life more and understand ourselves better. Barnet Libraries hold many books on the subjects, some of these are listed below:

Living In the Moment

Anna Black

The Easy Way to Mindfulness

Allen Carr

Mindfulness in Eight Weeks: The revolutionary eight-week plan to clear your mind and calm your life

Michael Chaskalson

Mindfulness & the Art of Managing Anger

Mike Fisher

Mindful Compassion

Paul Gilbert

Mindfulness & Compassion: Embracing life with loving-kindness

Happy Buddha

Mindfulness: Be mindful, live in the moment

Gill Hasson

Mindfulness for Parents; Finding your way to a calmer, happier family

Amber Hatch

The Mindful Manifesto: How doing less and noticing more can help us thrive in a stressed-out world

Jonty Heaversedge & Ed Halliwell

Arriving at Your Own Door: 108 lessons in mindfulness

Jon Kabat-Zinn

Mindfulness On the Go: Peace in your pocket

Padraig O'Morain

Facing the Storm

Ray Owen

One Minute Mindfulness: How to live in the moment

Simon Parke

Mindfulness at Work in a Week

Clare Seeger

Happiness and How It Happens

Suryacitta

Mindfulness & the Natural World

Claire Thompson

Mindfulness for Everyday Living

Christopher Titmuss

The Rough Guide to Mindfulness

Albert Tobler

Introducing Mindfulness: A practical guide

Tessa Watt

A Mindfulness Guide for the Frazzled

Ruby Wax

