Reading List



Mindfulness

You can access the ebooks through the library catalogue

http://lancasteachinghospitals.nhslibraries.com/Scripts/Hapi.dll/search1

E-books - to login into an e-book you will need an Athens account. Fill out this form to get an Athens username <u>https://openathens.nice.org.uk/</u>

Coping with caring: a nurse's guide to better health and job satisfaction by M. Mealer (2020)

e-book

Reducing compassion fatigue, secondary traumatic stress, and burnout: a trauma-sensitive workbook by W. Steele (2020) e-book

Recover from burnout: life lessons to regain your passion and purpose by J. Klipin (2019)e-book

Mindfulness and sleep: how to improve your sleep quality through practicing mindfulness by Anna Black (2018) e-book

The burnout solution: 12 weeks to a calmer you by S. Murray (2018) e-book

The easy way to mindfulness by Allen Carr (2017)

Mindfulness at work: turn your job into a gateway to joy, contentment and stress-free living by Oli Doyle (2017)

Using mindfulness skills in everyday life: a practical guide by Christine Dunkley (2017)

Run for your life: mindful running for a happy life by William Pullen (2017)

Mindful leadership: a guide for the health care professions by C. Johns (2016)

How to be mindful by Anna Barnes (2016)

Mindfulness for women: declutter your mind, simplify your life, find time to 'be' by V Birch (2016)

Mindfulness for worriers, overcome everyday stress and anxiety by Padraig O'Morain (2016)

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