Reading List



Mindfulness

You can access ebooks from Health Education England on Wellbeing on the following link

https://library.hee.nhs.uk/resources/content-and-usage/ebooks/resilience-andwellbeing-ebooks

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>

The Mind Manual Mental Fitness Tools for Everyone by G. Alex (2023)

1 day mindfulness challenge: learn to live in the moment by G. Hasson (2022) A manual for being human: what makes us who we are, why it matters and practical advice for a happier life by S. Mort (2022)

Unwinding anxiety: train your brain to heal your mind by J. Brewer (2021)

Mindful menopause: mindfulness and hypnosis techniques for a calm and positive menopause by S. Fletcher (2021)

A manual for being human: what makes us who we are, why it matters and practical advice for a happier life. by S. Mort (2021)

A mindfulness guide for survival: a workbook by R. Wax (2021)

Mindfulness@work by A. Black (2020)

Self-care: how to live mindfully and look after yourself by C. Chamberlain (2019) Mindfulness for all: the wisdom to change the world by J. Zin (2019)

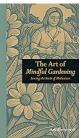
Mindfulness and sleep: how to improve your sleep quality through practicing mindfulness by A. Black (2018)

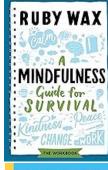
The art of mindful gardening: sowing the seeds of meditation by A.Redwood (2018)

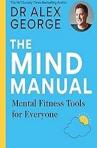
The Compassionate Mind Workbook: A step-by-step guide to developing your compassionate self by E.Beaumont (2017)

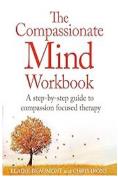
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