

Mindfulness

*The Library has a growing collection of books for improving staff well-being.
The following books on mindfulness are available to borrow from the Library.*

Boosting your mental wellbeing : 10 minute steps for stressed healthcare Professionals by D.Lee (2023) **Wellbeing 155LEE**

The Mind Manual Mental Fitness Tools for Everyone by G. Alex (2023)
Wellbeing 613GEO

21 day mindfulness challenge: learn to live in the moment by G. Hasson (2022)
Wellbeing 158.1HAS

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) **Wellbeing 158MOR**

Unwinding anxiety: train your brain to heal your mind by J. Brewer (2021)
Wellbeing 616.83BRE

Mindful menopause: mindfulness and hypnosis techniques for a calm and positive menopause by S. Fletcher (2021) **Wellbeing 613.041FLE**

A mindfulness guide for survival: a workbook by R. Wax (2021)
Wellbeing 158.1WAX

Mindfulness@work by A. Black (2020) **Wellbeing 158BLA**

Self-care: how to live mindfully and look after yourself by C. Chamberlain (2019) **Wellbeing 158.1CHA**

Mindfulness for all: the wisdom to change the world by J. Zin (2019)
Wellbeing 158.1ZIN

Mindfulness and sleep: how to improve your sleep quality through practicing mindfulness by A. Black (2018) **Wellbeing 616.86BLA**

Be present in this moment : A practical guide to mindfulness by T. Watt (2018)
Wellbeing 158.1WAT

The art of mindful gardening: sowing the seeds of meditation by A. Redwood (2018)
Wellbeing 635RED

