

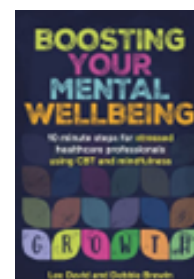
Reading List

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.

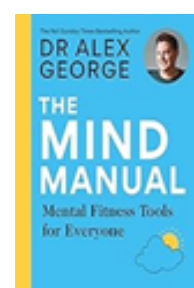
Boosting your mental wellbeing : 10 minute steps for stressed healthcare

Professionals by D.Lee (2023) **Wellbeing 155 LEE**



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

Wellbeing 613 GEO



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

Wellbeing 158.1 HAS



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 158 MOR**

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

Wellbeing 616.83 BRE

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

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

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

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

Wellbeing 158.1 CHA



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

Wellbeing 158.1 ZIN

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

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

Wellbeing 158.1 WAT



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

Wellbeing 635 RED



Search our library catalogue
for more **mindfulness** books

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<https://healthacademy.lancsteachinghospitals.nhs.uk/library>