

Non-Fiction

[*Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body*](#)

By: Daniel Goleman

Sweeps away the misconceptions around mindfulness and other forms of meditation, showing how smart practice can change our personal traits and even our genome for the better. Goleman and Davidson reveal what we can learn from a one-of-a-kind data pool that includes world-class meditators. They share for the first time findings that show how meditation--without drugs or high expense--can cultivate qualities such as selflessness, equanimity, love and compassion, and redesign our neural circuitry.

[*Aware: The Science and Practice of Presence*](#)

By: Daniel J. Siegel

Aware provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for cultivating more focus, presence, and peace in one's day-to-day life.

An in-depth look at the science that underlies meditation's effectiveness, this book teaches readers how to harness the power of the principle "Where attention goes, neural firing flows, and neural connection grows." Siegel reveals how developing a Wheel of Awareness practice to focus attention, open awareness, and cultivate kind intention can literally help you grow a healthier brain and reduce fear, anxiety, and stress in your life.

Whether you have no experience with reflective practice or are an experienced practitioner, Aware is a hands-on guide that will enable you to become more focused and present, as well as more energized and emotionally resilient in the face of stress and the everyday challenges life throws your way.

[*The Book of Joy: Lasting Happiness in a Changing World*](#)

By: Dalai Lama XIV Bstan-'dzin-rgya-mtsho and Desmond Tutu

Two leading spiritual masters share their wisdom about living with joy even in the face of adversity, sharing personal stories and teachings about the science of profound happiness and the daily practices that anchor their emotional and spiritual lives.

[*Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life*](#)

By: Jeffrey Brantley

Anger is a natural emotion--and a part of what makes us human. But when you lose control of your anger, it can get in the way of meaningful relationships, successful careers, and ultimately, feelings of happiness and enjoyment.

In this highly anticipated book, renowned mindfulness expert and author of *Calming Your Anxious Mind* Jeff Brantley offers a breakthrough approach using mindfulness-based stress reduction (MBSR) and compassion practices to help you better handle the anger, fear, and hostile emotions that can wreak havoc at home, work, and in relationships. In addition, you will also learn important self-awareness skills to help you stop overreacting and improve communication with others

[*Crafting Calm: Projects and Practices for Creativity and Contemplation*](#)

By: Maggie Oman Shannon

In this wired, wild world, it is harder than ever to shut out noise and busyness in order to truly calm yourself, but in *Crafting Calm*, a D. I. Y. guide to peace of mind, you'll find inspiring ideas for how to do exactly that through a wide range of creative exercises. In this book, author Maggie Oman Shannon explores crafts and creativity as a practice with enormous physical, mental, and spiritual benefits. By immersing ourselves in a craft with intention and mindfulness, we can quiet those voices around us and in us—we can enter sacred stillness. Through revealing interviews, personal stories, and forty suggested activities, the author shows how creative processes can become spiritual practices. Whether you're an aspiring artist, longtime craftsperson, or someone who has never set foot in a craft-store (yet!), you'll find something in *Crafting Calm* to inspire you.

[*Creating Calm in Your Life: A Guided Meditation and Stress Reduction CD*](#)

By: Rivka Simmons [CD]

A guided meditation CD that includes mindful meditations, progressive muscle relaxation, and a body scan relaxation.

[*Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*](#)

By: Brené Brown [CD]

Every day people experience the uncertainty and emotional exposure that define what it means to be vulnerable. Here, Dr. Brown challenges everything people think they know about vulnerability, saying it is not weakness but rather the clearest path to courage and meaningful connection.

[*The Empathy Exams*](#)

By: Leslie Jamison

A collection of essays explores empathy, using topics ranging from street violence and incarceration to reality television and literary sentimentality to ask questions about people's understanding of and relationships with others.

[*The Four Agreements: A Practical Guide to Personal Freedom*](#)

By: Don Miguel Ruiz

The author uses ancient Toltec wisdom to fashion a personal philosophy around these four principles--be impeccable with your word, don't take anything personally, don't make assumptions and always do your best.

[*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*](#)

By: Jon Kabat-Zinn

Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work--which gave rise to a whole new field in medicine and psychology--shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks.

[*Humankind: A Hopeful History*](#)

By: Rutger Bregman

Human beings, we're taught, are by nature selfish and governed by self-interest. Humankind makes a new argument: that it is realistic, as well as revolutionary, to assume that people are good. The instinct to cooperate rather than compete, trust rather than distrust, has an evolutionary basis going right back to the beginning of Homo sapiens. By thinking the worst of others, we bring out the worst in our politics and economics too. In this major book, internationally bestselling author Rutger Bregman takes some of the world's most famous studies and events and reframes them, providing a new perspective on the last 200,000 years of human history. From the real-life Lord of the Flies to the Blitz, a Siberian fox farm to an infamous New York murder, Stanley Milgram's Yale shock machine to the Stanford prison experiment, Bregman shows how believing in human kindness and altruism can be a new way to think - and act as the foundation for achieving true change in our society. It is time for a new view of human nature.

[*The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*](#)

By: Marie Kondo

Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list).

With detailed guidance for determining which items in your house "spark joy" (and which don't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home--and the calm, motivated mindset it can inspire.

[*Meditation for Beginners*](#)

By: Ted Landon [DVD]

This tutorial offers beginners a comprehensive introduction to the art of meditation. The step-by-step program encourages mindfulness and suggests methods of relieving anxiety and stress, and includes a 15-minute yoga 'warm-up' designed to focus the mind and body for two 20-minute guided meditation and relaxation sessions.

[*The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*](#)

By: Daniel J. Siegel

Over the last twenty years, there has been growing attention in the Western world to mindfulness -- paying attention to life in the present moment. Here, Daniel J. Siegel investigates the phenomenon of mindfulness as it impacts our daily lives, offering readers insight into personal relationships, emotional behavior, parenting, and work.

[*Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food*](#)

By: Jan Chozen Bays

The art of mindfulness can transform our struggles with food--and renew our sense of pleasure, appreciation, and satisfaction with eating. Drawing on recent research and integrating her experiences as a physician and meditation teacher, Dr. Jan Bays offers a wonderfully clear presentation of what mindfulness is and how it can help with food issues.

[*Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*](#)

By: Mark Williams and Danny Penman

Everyday life is so frantic and full of troubles that we have largely forgotten how to live a joyful existence. We try so hard to be happy that we often end up missing the most important parts of our lives. In *Mindfulness*, Oxford professor Mark Williams and award-winning journalist Danny Penman reveal the secrets to living a happier and less anxious, stressful, and exhausting life. Based on the techniques of Mindfulness-Based Cognitive Therapy, the unique program developed by Williams and his colleagues, the book offers simple and straightforward forms of mindfulness meditation that can be done by anyone--and it can take just 10 to 20 minutes a day for the full benefits to be revealed.

[*A Mindfulness-Based Stress Reduction Workbook for Anxiety*](#)

By: Bob Stahl, Florence Meleo-Meyer, and Lynn Koerbel

If you have anxiety or suffer from panic attacks, little things like driving, being at a party where you don't know anyone, or even going to the grocery store can seem overwhelming. But these little things are a part of everyday life, and if you try to avoid them, you may end up feeling alienated, lonely, and unfulfilled. Furthermore, simply avoiding anxiety-causing situations will not help you to conquer your anxiety. If anything, it can make it worse! So how can you take control of your anxiety symptoms, once and for all? In *The Mindfulness-Based Stress Reduction Workbook for Anxiety*,

three mindfulness-based stress reduction (MBSR) experts provide mindfulness meditations and exercises to help soothe anxiety, understand common triggers, and live more fully in the moment.

[*Mindfulness in Plain English*](#)

By: Henepola Gunaratana

Mindfulness in Plain English is one of the most influential books in the burgeoning field of mindfulness and a timeless classic introduction to meditation.

[*Permission to Feel: Unlocking the Power of Our Emotions to Help Our Kids, Ourselves, and Our Society Thrive*](#)

By: Marc Brackett

Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults - a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it.

[*The Power of Now: A Guide to Spiritual Enlightenment*](#)

By: Eckhart Tolle

Eckhart Tolle is emerging as one of today's most inspiring teachers. In *The Power of Now*, already a word-of-mouth bestseller in Canada, the author describes his transition from despair to self-realization soon after his 29th birthday. Tolle took another ten years to understand this transformation, during which time he evolved a philosophy that has parallels in Buddhism, relaxation techniques, and meditation theory but is also eminently practical. In *The Power of Now* he shows readers how to recognize themselves as the creators of their own pain, and how to have a pain-free existence by living fully in the present. Accessing the deepest self, the true self, can be learned, he says, by freeing ourselves from the conflicting, unreasonable demands of the mind and living present, fully, and intensely, in the Now.

[*Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness, \(and World Peace\)*](#)

By: Chade-Meng Tan

Tan reveals how to calm your mind on demand and return it to a natural state of happiness, deepen self-awareness in a way that fosters self-confidence, harness empathy and compassion into outstanding leadership, and build highly productive collaborations based on trust and transparent communication.

[*Simple Abundance: A Daybook of Comfort and Joy*](#)

By: Sarah Ban Breathnach

Quotations, poems, meditations and practical exercises for every day of a woman's year include inspirational messages, money-saving suggestions, gardening and decorating ideas, and thoughts on personal fulfillment.

[*10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—A True Story*](#)

By: Dan Harris

After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out.

Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

[*Tiny Beautiful Things: Advice on Love and Life from Dear Sugar*](#)

By: Cheryl Strayed

Life can be hard: your lover cheats on you; you lose a family member; you can't pay the bills--and it can be great: you've had the hottest sex of your life; you get that plum job; you muster the courage to write your novel. Sugar--the once-anonymous online columnist at The Rumpus, now revealed as Cheryl Strayed, author of the bestselling memoir *Wild*--is the person thousands turn to for advice.

[*Turning the Mind into an Ally*](#)

By: Sakyong Mipham

We need a strong, stable mind that can be relied upon as one's closest ally, and Sakyong Mipham delivers a way to achieve one. Having grown up American with a Tibetan influence, he speaks to Westerners as no one can: relating stories and wisdom from American culture and the great Buddhist teachers in idiomatic English. Strengthening, calming, and stabilizing the mind is the essential first step in accomplishing nearly any goal. *Turning the Mind Into An Ally* makes it possible for anyone to succeed.

[The Untethered Soul: The Journey Beyond Yourself](#)

By: Michael A. Singer

What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? The Untethered Soul offers simple yet profound answers to these questions.

Whether this is your first exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

[Waking Up: A Guide to Spirituality Without Religion](#)

By: Sam Harris

For the millions of Americans who want spirituality without religion, Waking Up is a guide to meditation as a rational practice informed by neuroscience and psychology.

From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, Waking Up is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives.

Waking Up is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

[Yoga for Stress Relief](#)

By: Michael Wohl [DVD]

Teaches routines to help with common stress. Contains over 20 workouts ranging from 15 to 60 minutes.