

STRESS RELIEF

Mindfulness Books for Adults



Consider putting a book club together with friends or co-workers. Below are some titles and summaries to get you started.

The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World by Haemin Sunim:

Sunim's mindfulness book is an international bestseller that aims to help people adopt mindfulness in their lives if they want to be happier. The author was born in South Korea but educated in the United States, giving him a unique, broad perspective that many can find value in. In his book, Sunim stresses the importance of healthy relationships with others, along with the necessity of having a strong relationship with ourselves. This book can help you deepen your existing mindfulness practice, but might also convince someone without an existing practice to establish one.

Mindfulness in Plain English by Bhante Henepola Gunaratana:

Henepola Gunaratana's book on mindfulness is meant for people who want to completely change their lives with mindfulness and are ready to commit. It is short enough to read over and over but long enough to make a lasting impact on the reader's life. The author's experience teaching in the United States also makes this book on mindfulness very helpful for those in the West while still being rooted in Eastern tradition. This bestseller comes recommended by many mindfulness experts.

Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) by S.J. Scott & Barrie Davenport:

Scott & Davenport's bestseller is a book focused on a few of the benefits of mindfulness, such as improved relationships and reduced anxiety and mental clutter. It then teaches you how to achieve these benefits through mindfulness meditation and other mindful exercises. The book aims to be actionable, so that anyone can pick it up and start benefiting from mindfulness right away. The fact that it is actionable combined with the fairly short length makes this the choice for people who are looking for quick results from their books.

The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer:

Singer's book aims to help the reader discover themselves, their inner space and their inward journey. The author believes that learning and practicing mindfulness is the best path towards becoming conscious and free. He helps the reader achieve this by showing them how to let go of painful memories and start living in the moment. The bestseller has found success all around the world, showing that its lessons are accessible to many cultures.

Start Where You Are: A Journal for Self-Exploration by Meera Lee Patel:

Patel's bestseller is the most interactive book on this list, as it is partly a journal for the reader to keep. This journal, however, includes writing prompts and creative exercises aimed towards helping readers discover mindfulness in their own way. This book is an excellent option for independent learners who prefer interactive experiences to more traditional books. It is also the clear choice for fellow artists, as it is presented in a very visually attractive way, unlike the more traditional books that make up the rest of this list.

The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace by Patrizia Collard:

Collard aims to be an easy-to-follow path to mindful awareness for anyone who has ten minutes a day to commit to it. Collard is a psychotherapist with plenty of experience in psychology and mindfulness, so you can have faith that the little book's mindfulness teachings are rooted in scientific backing. This book is a great way to learn mindfulness and apply it in bite-size chunks, and at just under 100 pages its teachings are condensed enough to digest in a short amount of time.

Source: <https://positivepsychologyprogram.com/mindfulness-books/>