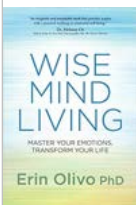


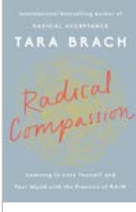
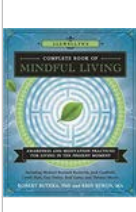
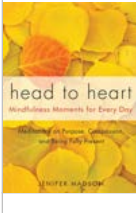

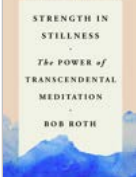

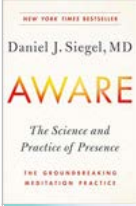

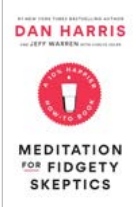
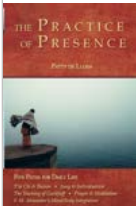
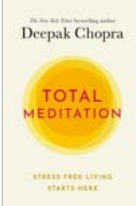
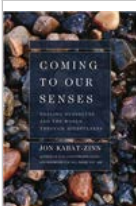
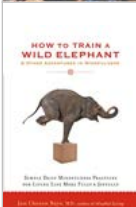
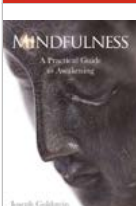

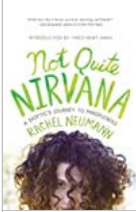


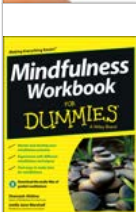
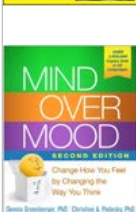
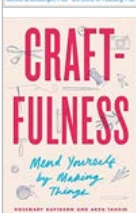
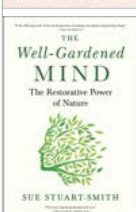


"Be Mindful" Booklist for Adults

TITLE (Click to view in library catalog)	AUTHOR	CALL #	DESCRIPTION	FORMAT
 Wise Mind Living: Master Your Emotions, Transform Your Life	Olivo, Erin	152.4 OLI	Learn how to identify and overcome conditioned responses to eight core categories of emotion. "Wise Mind Living" offers a practical roadmap to help you navigate life's difficulties with confidence so you can build a life you love.	Book
 Big Magic: Creative Living Beyond Fear	Gilbert, Elizabeth	153.3 GIL	Whether you are looking to write a book, make art, find new ways to address challenges at work, embark on a dream long deferred, or simply infuse your everyday life with more mindfulness and passion, "Big Magic" cracks open a world of wonder and joy.	Book
 Awakening Joy: 10 Steps to Happiness	Baraz, James	158 BAR	Learn how to make happiness a habit by inclining your mind toward states that lead to well-being, find joy, even during difficult times, and avoid the pitfalls that prevent you from achieving the contentment you seek, and cultivate effective practices for sustaining joyfulness.	Book
 Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN	Brach, Tara	158.1 BRA	Recognize. Allow. Investigate. Nurture. RAIN meditation is a easy-to-learn program that can help practitioners loosen the grip of difficult emotions and limiting beliefs.	Book
 Llewellyn's Complete Book of Mindful Living: Awareness and Meditation Practices for Living in the Present Moment	Bultera, Robert	158.1 LLE	This comprehensive book provides inspiration, discussion, and techniques based on the applications of mindfulness. Using meditation, breathwork, and other powerful exercises, you'll bring the many benefits of mindfulness into your everyday life.	Book
 Head to Heart: Mindfulness Moments for Every Day	Madson, Jenifer	158.1 MAD	Madson captures the heart of the simple. These daily thoughts can emphatically change any moment in any one's life. Each day's suggestion is captured in the simplicity of the thought; making it magical, joyful, meaningful and doable.	Book
 Slow: Simple Living for a Frantic World	McAlary, Brooke	158.1 MCA	It's easy to feel consumed with the desire to "succeed" and "acquire" and miss the simple opportunities waiting for you to slow down. Slow provides practical advice and fascinating insights on mindfulness.	Book
 Strength in Stillness: The Power of Transcendental Meditation	Roth, Robert	158.1 ROT	Medical experts agree that the epidemic of stress is damaging our physical and emotional health at younger and younger ages. While there is no single cure, the Transcendental Meditation technique is a simple practice that dramatically changes how we respond to stress and life's challenges.	Book

	Think Like a Monk: Train Your Mind for Peace and Purpose Every Day	Shetty, Jay	158.1 SHE	Jay Shetty, social media superstar and host of the #1 podcast "On Purpose," distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life.	Book, eAudiobook
	Aware: The Science and Practice of Presence	Siegel, Daniel J.	158.1 SIE	Introduces readers to science-based meditation practice and 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.	Book
	Don't Just Sit There! 44 Insights to Get Your Meditation Practice Off the Cushion and Into the Real World	Simkin, Biyet	158.1 SIM	Discover the forty-four laws of life that are the missing link between the desire to meditate and the motivation needed to maintain a regular meditation practice, process the emotional fallout of meditative experiences, and find spiritual fulfillment.	Book
	Meditation for Fidgety Skeptics	Harris, Dan	158.12 HAR	ABC News anchor Dan Harris used to think that meditation was for people who collect crystal sand use the word "namaste" without irony. After he had a panic attack on live TV, he embarked on a quest to tackle the myths, misconceptions, and self-deceptions that stop people from meditating.	Book, eBook, eAudiobook
	The Practice of Presence: Five Paths for Daily Life	de Llosa, Patty	204 LLO	Listen as Patty de Llosa takes us on a journey of discovery through mind, body and spirit, encouraging us to practice presence. Each of the five spiritual paths she explores can lead to a more authentic, extraordinary life of daily awareness.	Book
	Total Meditation: Practices in Living the Awakened Life	Chopra, Deepak	204.35 CHO	Chopra offers a complete exploration and reinterpretation of the physical, mental, emotional, relational, and spiritual benefits that meditation can bring.	Book
	Coming to Our Senses: Healing Ourselves and the World Through Mindfulness	Kabat-Zinn, Jon	248.4 KAB	Kabat-Zinn examines the mysteries and marvels of our minds and bodies, describing simple, intuitive ways in which we can come to a deeper understanding, through our senses, of our beauty, our genius, and our life path in a complicated, fear-driven, and rapidly changing world.	Book
	How to Train a Wild Elephant and Other Adventures in Mindfulness	Bays, Jan Chozen	294.3 BAY	A growing body of research is showing that mindfulness can reduce stress, improve physical health, and improve our overall quality of life. Jan Chozen Bays, physician and Zen teacher, has developed a series of simple practices to help us cultivate mindfulness as we go about our daily lives.	Book
	Mindfulness: A Practical Guide to Awakening	Goldstein, Joseph	294.3 GOL	Goldstein shares the wisdom of his four decades of teaching and practice in a book that will serve as a lifelong companion for anyone committed to mindful living and the realization of inner freedom.	Book, eBook

	Moments of Mindfulness: Daily Inspiration	Nhat Hanh, Thich	294.3 NAN	This book contains many of the best-loved inspirational quotations and passages from Zen master Thich Nhat Hanh. It includes basic meditation instructions and messages of peace, love, insight, understanding, and compassion.	Book
	Not Quite Nirvana: A Skeptic's Journey to Mindfulness	Neumann, Rachel	294.3 NEU	A funny and incisive memoir of how a skeptical, fast-talking New Yorker became the personal editor for Zen master Thich Nhat Hanh and slowly and reluctantly started to absorb mindfulness practice.	Book
	Walking Meditation: Easy Steps to Mindfulness	Nguyen, Anh Huong	294.3 NGU	Discover a serene spiritual practice that will help you walk with presence and peace of mind, whether in the stillness of nature or on a bustling city sidewalk.	Book
	Awakening Somatic Intelligence: The Art and Practice of Embodied Mindfulness	Kaparo, Risa	615.5 KAP	A valuable resource for readers seeking to improve their health and well-being, Awakening Somatic Intelligence introduces Somatic Learning, an innovative healing approach rooted in body awareness that incorporates the latest research in psychology, neuroplasticity, and mindfulness.	Book
	Managing Anxiety with Mindfulness for Dummies	Marshall, Joelle Jane	616.8522 MAR	Learn to break free of the downward spiral of negative thoughts and actions that feed anxiety. Marshall provides guidance on overcoming your worries and minimizing anxiety with proven techniques that can help you face your fears and defeat persistent, irrational worries.	Book
	Mind Over Mood: Change How You Feel by Changing the Way You Think	Greenberg, Dennis	616.89 GRE	Discover simple yet powerful steps you can take to overcome emotional distress--and feel happier, calmer, and more confident.	Book
	Craftfulness: Mend Yourself by Making Things	Davidson, Rosemary	745.5 DAV	Integrating mindfulness, neuroscience, positive psychology, and creativity research, Craftfulness offers a thought-provoking and surprising reconsideration of craft, and how making things with your hands can reconnect us to ourselves.	Book
	The Well-Gardened Mind	Stuart-Smith, Sue	NEW 615.8515 STU	Using contemporary neuroscience, psychoanalysis, and compelling real-life stories, <i>The Well-Gardened Mind</i> investigates the remarkable effects of nature on our health and well-being.	Book

This booklist is meant to compliment the library's "Be Mindful" program. This program is supported by a grant from the Institute of Museum and Library Services (IMLS) and the Oklahoma Department of Libraries (ODL). The opinions and content of activities and materials do not necessarily reflect the position or policy of ODL or IMLS, and no official endorsement should be inferred.