

10 books for learning mindfulness

Each of these books offers a secular look at mindfulness. They are mostly written by professionals in the field of psychiatry, neuroscience and counseling. Consider them as a stepping stone to building your own personalized path into the world of mindfulness.

1. Mindfulness: A practical guide to finding peace in a frantic world by Mark Williams and Danny Penman
2. Wherever You Go, There You Are: Mindfulness meditation for everyday life by Jon Kabat Zinn
3. A Mindfulness-Based Stress Reduction Workbook by Bob Stahl and Elisha Goldstein
4. The Now Effect: How This Moment Can Change the Rest of Your Life by Elisha Goldstein
5. Get Some Headspace: 10 Minutes Can Make All the Difference by Andi Puddicombe
6. Mindfulness For Dummies
7. Teach Yourself To Meditate: Over 20 simple exercises for peace, health & clarity of mind by Eric Harrison
8. The Happiness Trap by Russ Harris
9. Hardwiring Happiness by Rick Hanson
10. The Mindful Brain by Daniel Siegel