

Mindfulness



Adult Books

Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World

Williams, Mark; Penman, Danny; Kabat-Zinn, Jon
Overdrive eBook

Mindfulness

Goldstein, Joseph
Hoopla eBook

Coming to Our Senses: Healing ourselves and the world through mindfulness

Kabat-Zinn, Jon
155.9042 K111C

Wherever You Go, There You Are: Mindfulness meditation in everyday life

Kabat-Zinn, Jon
155.9042 K111W

The Mindful Way Through Depression: Freeing yourself from chronic unhappiness

Williams, J. Mark G.; Teasdale, John D.; Segal, Zindel V.; Kabat-Zinn, Jon
CD SPOKEN 616.8527 MINDFUL

The Little Book of Being: Practices and guidance for uncovering your natural awareness

Winston, Diana
Via SHARE

Mindful Games: Sharing mindfulness and meditation with children, teens, and families

Greenland, Susan Kaiser; Harris, Annaka
Via SHARE

The Mindful Twenty-Something: Life skills to handle stress... and everything else

Rogers, Holly
616.891425 ROGERS

How to Meditate

Chodron, Pema
Hoopla eBook

True Meditation

Adyashanti
Hoopla eBook

Beginning Mindfulness

Weiss, Andrew
Hoopla eBook

Still the Mind

Watts, Alan
Hoopla eBook

Eastern Wisdom Western Soul

Singer, Richard
Hoopla eBook

Choose to Be Happy

Chetanananda, Swami
Hoopla eBook

Living Meditation, Living Insight: The path of mindfulness in daily life

Thynn, Thynn
Via SHARE

Seven Masters, One Path: Meditation secrets from the world's greatest teachers

Selby, John
Via SHARE

The Healing Power of Mindfulness: A new way of being

Kabat-Zinn, Jon
Via SHARE

Change Your Mind: A practical guide to Buddhist meditation

Paramananda
Via SHARE

The Inner Art of Meditation

Kornfield, Jack
SHARE CD

The Mindfulness Solution: Everyday practices for everyday problems

Siegel, Ronald D.
Via SHARE

Be Here Now

Dass, Ram
Hoopla eBook

Be Love Now: The path of the heart

Dass, Ram; Das, Rameshwar
Via SHARE

Still Here: Embracing aging, changing, and dying

Dass, Ram
Via SHARE

Youth/Young Adult Books

Here and Now

Denos, Julia
JUV P STORIES DENOS

Listen Like an Elephant

Willey, Kira
Via SHARE

Mindful Day

Hopkinson, Deborah; Ng-Benitez, Shirley
Via SHARE

A World of Pausabilities: An exercise in mindfulness

Sileo, Frank J.; Zivoin, Jennifer
JUV PAR P SILEO

Calm: Mindfulness for kids

Kinder, Wynne, M.Ed.; Jenkinson, Ruth; Stovne, Bettina Myklebust; Lin, Xioa
Via SHARE

Spanish Books

La meditación no es lo que crees: por qué el mindfulness es tan importante

Kabat-Zinn, Jon; González Raga, David; Mora, Fernando (Translator)
Via SHARE

Los mundos internos de la meditación

John-Roger
Via SHARE

Online Resources

Gale Courses:

Certificate in Meditation Course

www.beloitlibrary.org/resources

Earn a certificate while learning various forms of meditation.