

MINDFUL READING LIST

I absolutely love to read and over the years I have truly learnt incredible amounts from the books I have read! I have personally read the following books and found them inspiring, educational, & thought-proving. I hope this reading list helps you deepen your understanding & practise of mindful living and yoga.



Mindfulness & Meditation

Full Catastrophe Living & Whenever You Go, There You Are by Jon Kabat-Zinn

The Relaxation Response by Herbert Benson

Mindfulness in Plain English by Bahante Gunaratana

The Mindful Way Through Anxiety by Susan M. Orsillo & Lizabeth Roener

The Miracle of Mindfulness & Fear by Thich Nhat Hanh

Effortless Mind by Ajayan Borys

The Mindfulness Breakthrough by Sarah Silverston

The Power of Now & A New Earth by Eckhart Tolle

Declutter Your Mind by SJ Scott and Barrie Davenport

The Now Effect by Elisha Goldstein

The Worry Trick by David A Carbonell

The Little Book of Being by Diana Winston

How to Meditate: A Practical Guide by Pema Chödrön

Meditation by Osho

Personal Development & Spiritual

When Everything Changes, Change Everything by Neale Donald Walsh

The Monk Who Sold His Ferrari & Discover Your Destiny by Robin Sharma

I Can See Clearly Now & Change Your Thoughts, Change Your Life by Wayne Dyer

Happiness: Lessons from a New Science by Richard Layard

Brave & Find Your Courage by Margie Warrell

The Art of Happiness & An Open Heart by The Dalai Lama

The Fear Cure by Lissa Rankin

Breaking the Habit of Being Yourself by Joe Dispenza

Think and Grow Rich by Napoleon Hill

The Happiness Trap by Russ Harris

The Power of the Subconscious Mind by Joseph Murphy

The Brain that Changes Itself by Norman Doidge

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Yoga

The Bhagavad Gita translation by Eknath Easwaran

The Power of Ashtanga Yoga by Kino MacGregor

Insight Yoga by Sarah Powers

Light on Yoga by B.K.S Iyengar

The Heart of Yoga by T.K.V Desikachar

The Yoga Sutras of Patanjali by Sri Swami Satchidananda

Skill in Action by Michelle Cassandra Johnson

Accessible Yoga by Jivana Heyman

Embrace Yoga's Roots by Susanna Barkataki

Your Body, Your Yoga by Bernie Clark

The Story of Yoga by Alistair Shearer

Breath by James Nestor