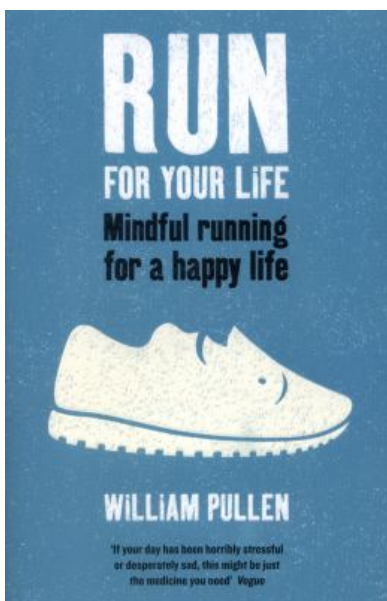


## A Selection of Books on Mindfulness in Doncaster Libraries

For further information contact the Leisure Library at DRI  
Tel: 01302 642890 or Ext. 642890; email [dristaff@doncaster.gov.uk](mailto:dristaff@doncaster.gov.uk)



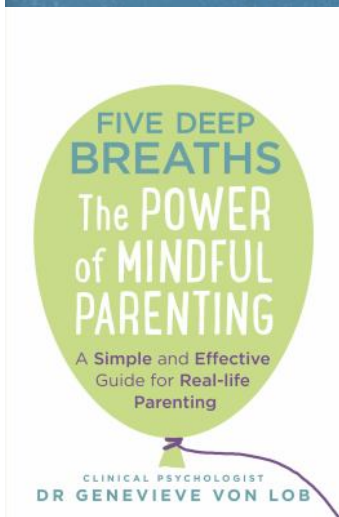
### **Run for your life: mindful running for a happy life**

Pullen, William

Penguin Life, 2017 ISBN: 9780241262825

Shelfmark: 796.42019

Anyone who has ever gone for a run, jog or even a walk knows that uplifting, happy feeling they get at the end of their journey. Some call it the 'runner's high', others put it down to endorphins, here William Pullen teaches us how to focus that incredible energy to experience our emotions in motion



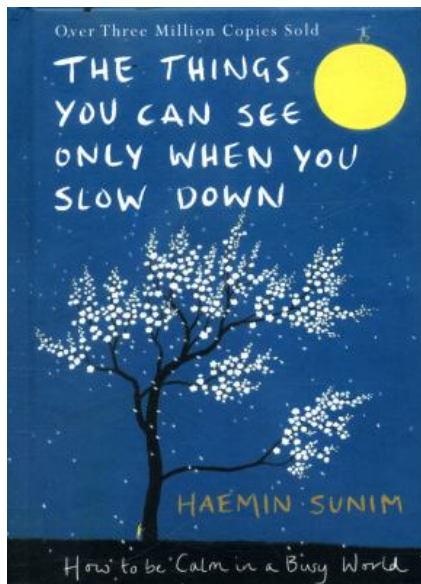
### **Five deep breaths: the power of mindful parenting**

Lob, Genevieve von

Bantam Press, 2017 ISBN: 9780593077443

Shelfmark: 306.874

In 'Five Deep Breaths', clinical psychologist Dr Genevieve von Lob draws on her extensive experience working with every conceivable type of parent - from all walks of life - to provide simple, constructive support for every day parenting.



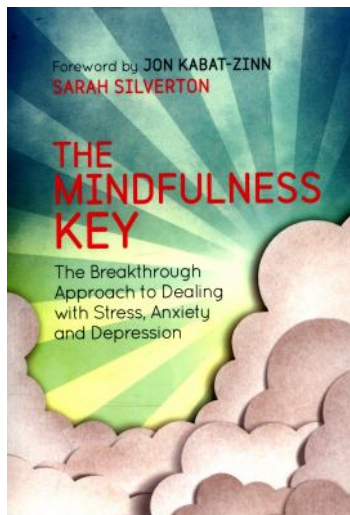
### **The things you can see only when you slow down**

Sunim, Haemin; Kim, Chi-Young

Penguin Life, 2017 ISBN: 9780241298190

Shelfmark: 158.1

Translated from the Korean. In this timely guide to mindfulness, Haemin Sunim, a Buddhist monk born in Korea and educated in the United States, offers advice on everything from handling setbacks to dealing with rest and relationships, in a beautiful book combining his teachings with calming full-colour illustrations. Haemin Sunim's simple messages - which he first wrote when he responded to requests for advice on social media - speak directly to the anxieties that have become part of modern life and remind us of the strength and joy that come from slowing down.



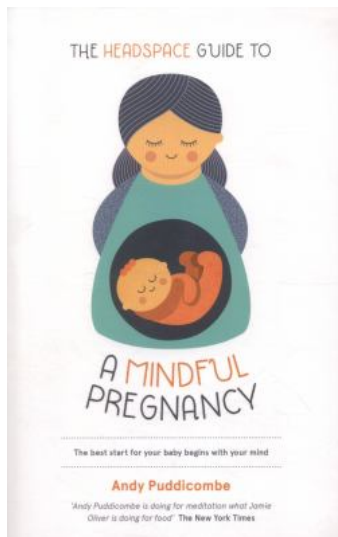
### **The mindfulness key: the breakthrough approach to dealing with stress, anxiety and depression**

Silverton, Sarah

Watkins, 2016 ISBN: 9781780288918

Shelfmark: 616.891425

This guide explains how to practise mindfulness, using step-by-step exercises to introduce the key techniques, such as breathing, relaxation, body scanning and concentration building. Written by a team of practising therapists led by Sarah Silverton, it includes chapters on using mindfulness to self-treat specific problems, including depression, stress, anxiety, chronic illness and childcare and relationship issues.



### **The headspace guide to a mindful pregnancy**

Puddicombe, Andy

Hodder and Stoughton, 2015 ISBN: 1444722190

Shelfmark: 618.20019

'Mindfulness in Pregnancy' is a concise and practical guide to achieving and maintaining mindfulness throughout every stage of having a baby. With helpful exercises for both mother to be and her partner, Andy shows how to live mindfully and get the most from pregnancy and the early days of parenthood. From creating the right conditions for conception and reducing anxiety around pregnancy and birth, to managing pain in labour and promoting well being for mother and baby in the first hours, days and weeks after birth.

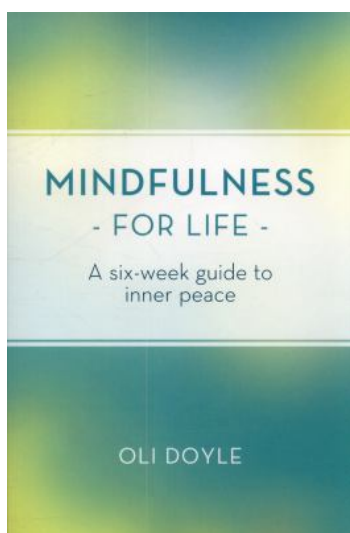
### **Mindfulness for worriers: overcome everyday stress and anxiety**

O'Morain, Padraig

Yellow Kite, 2015 ISBN: 1473619459

Shelfmark: 155.9042

This accessible book provides readers with mindfulness-based techniques to reduce worry, anxiety, stress and panic attacks. It will help deal with anxiety-inducing episodes by learning to accept and overcome strong emotions without getting caught up in negative and damaging thoughts.



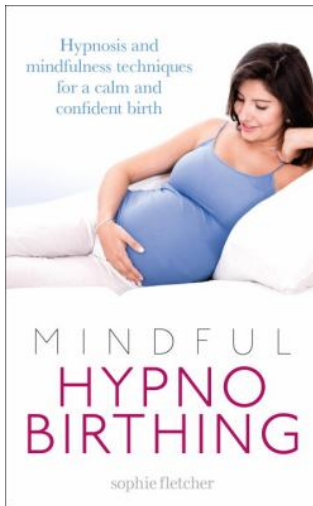
### **Mindfulness for life: a six-week guide to inner peace**

Doyle, Oli

Orion, 2015 ISBN: 9781409160656

Shelfmark: 155.9042

Mindfulness is not only for those who are too stressed and overwhelmed that they cannot cope with life; it's also about enhancing your overall wellbeing. In this book, mindfulness teacher Oli Doyle shows you how living in the present moment can help in all areas of your life, including work, relationships (with others and yourself), family life, creativity, memory and decision-making. His simple programme includes six-weeks of daily exercises to help you build your confidence so that no matter where you're from, who you are and what's going on in your life, you will become the best person you can be.



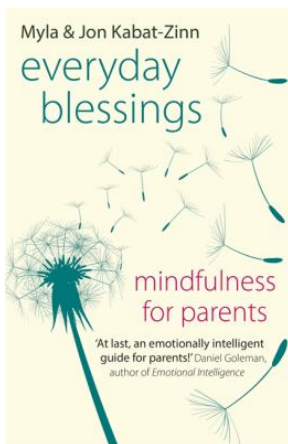
### **Mindful hypnobirthing: hypnosis and mindfulness techniques for a calm and confident birth**

Fletcher, Sophie

Vermilion, 2014 ISBN: 0091954592

Shelfmark: 618.45

Many women are fearful of birth, having been influenced by TV shows and films presenting labour as painful and alarming. However, birth does not have to be this way. The Mindful Hypnobirthing Method will show you how to reduce pain, feel calm and enjoy the most extraordinary experience of your life. This book takes a refreshingly positive approach to birth, helping mums-to-be look forward to the experience with excitement rather than apprehension.



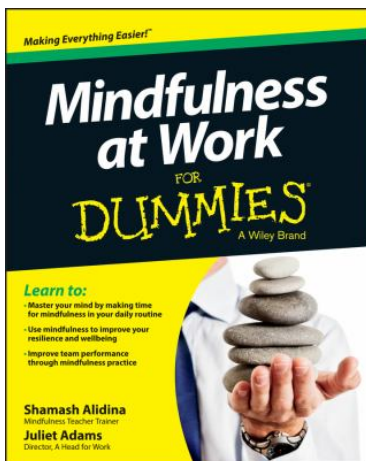
### **Everyday blessings: mindfulness for parents**

Kabat-Zinn, Myla

Piatkus, 2014 ISBN: 0349404798

Shelfmark: 649.1

A beautifully presented and thoughtful approach to mindful meditation that will help readers slow down, enrich their lives as a parent and nourish the internal life of their children.



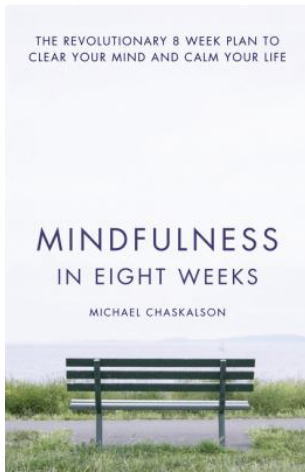
### **Mindfulness at work for dummies**

Alidina, Shamash

John Wiley & Sons, 2014 ISBN: 1118727991

Shelfmark: 650.1019

Master your mind, manage stress and boost your productivity! This book provides essential guidance for employees at all levels of an organisation who are seeking more focus and clarity in their work.



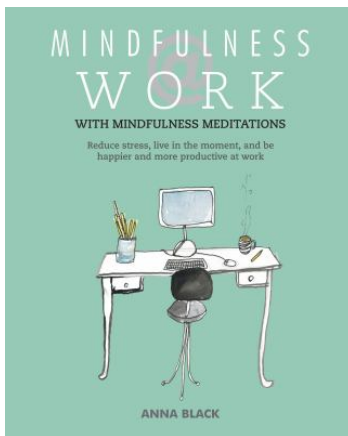
### **Mindfulness in eight weeks**

Chaskalson, Michael

Harper Thorsons, 2014 ISBN: 9780007591435

Shelfmark: 616.891425

Michael Chaskalson guides the reader in an eight week course that is a hybrid of the two most popular approaches: mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT), offering an easy-to-follow course that you can practice in your own time and within the comfort of your own home.



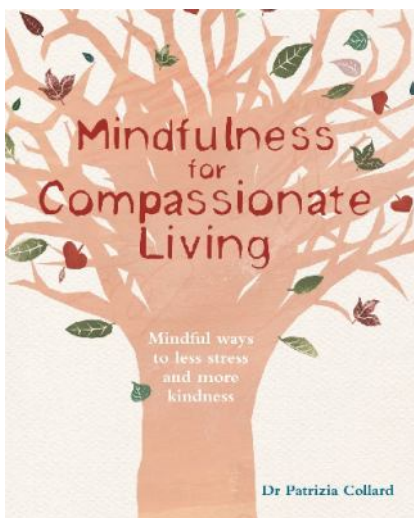
### **Mindfulness at work**

Black, Anna

CICO Books, 2014 ISBN: 9781782491699

Shelfmark: 158.7

Anna Black suggests short and simple meditations that can be used throughout the working day to strengthen focus and concentration, enhance working relationships and improve empathy - all of which help you to perform well and keep calm at work, whatever your job.



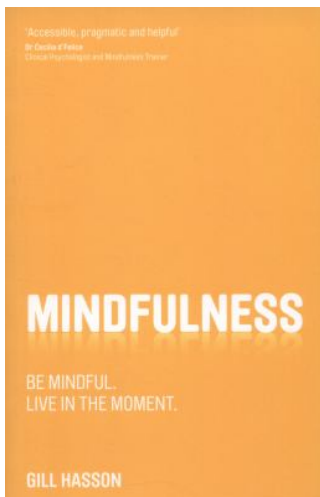
### **Mindfulness for compassionate living**

Collard, Patrizia

Gala, 2014 ISBN: 9781856753401

Shelfmark: 152.4

Self-compassion is a life-changing way of thinking that is rooted in Mindfulness. By learning to have more loving kindness and forgiveness for ourselves, we have more empathy and compassion for others. The self-compassion movement has been growing rapidly over the past two years with recent research into the neuroscience of compassion showing that changing our thinking habits makes new neural pathways in the brain - and that compassion can be learned. The benefits of this practice are personal and global, from learning to manage



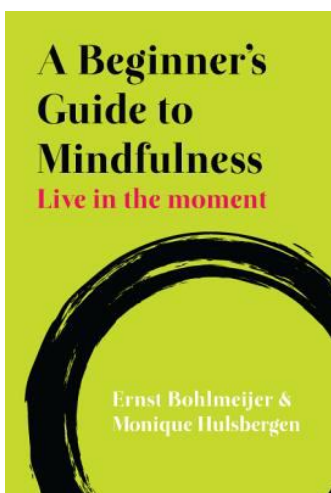
## **Mindfulness**

Hasson, Gill

Capstone, 2013 ISBN: 9780857084446

Shelfmark: 158.1

Mindfulness allows you to experience the moment instead of just rushing through it. Being mindful opens you up to new ideas and new ways of doing things, reducing stress and increasing your enjoyment of life. With ideas, tips and techniques to help you enjoy a more mindful approach to life, you'll learn how to: Adopt more positive ways of thinking and behaving, become calmer and more confident, break free from unhelpful thoughts and thinking patterns, bring about positive changes in your relationships and achieve a new level of self-awareness and understanding



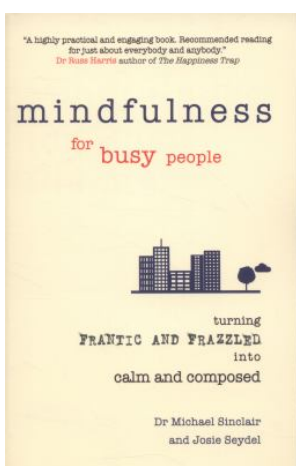
## **A beginners guide to mindfulness**

Bohlmeijer, Ernst and Hulsbergen, Monique

Open University Press, 2013 ISBN: 9780335247356

Shelfmark: 158.1

Experience greater freedom and quality in your life and learn how to cope with stressful situations with this accessible 9-week programme. By spending a few minutes a day, you will discover what really matters to you in life and learn to base your day to day actions on your values.



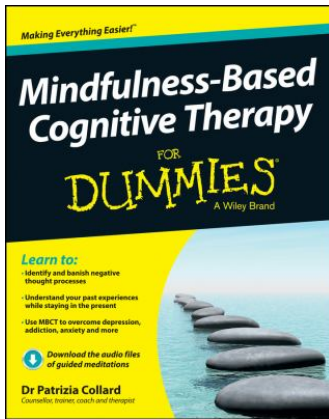
## **Mindfulness for busy people**

Sinclair, Michael

Pearson Business, 2013 ISBN: 9780273789901

Shelfmark: 658.0019

Mindfulness for Busy People will show you how to apply the transformative power of mindfulness to your busy life, helping you to de-stress, find your own unique space of calm, and ready yourself for whatever challenges you face



## Mindfulness-based cognitive therapy

Collard, Patrizia

John Wiley & Sons, 2013 ISBN: 9781118519462

Shelfmark: 616.891425

Includes CD

This text takes you through the eight-week mindfulness-based cognitive therapy course, using the principles of mindfulness to complement established CBT techniques.