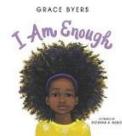
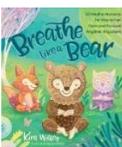
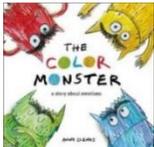
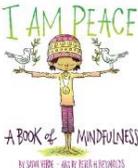
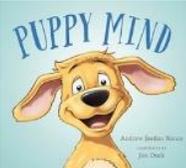
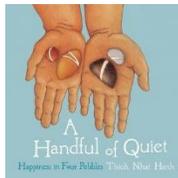
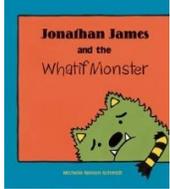
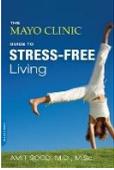
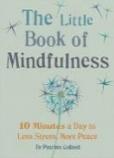
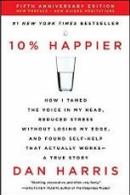
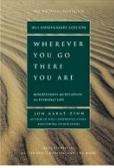
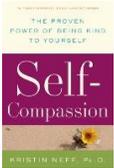
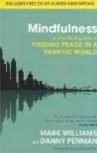
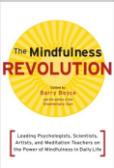
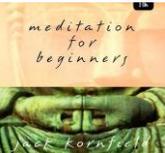
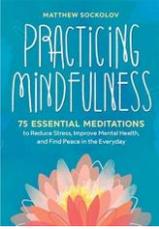
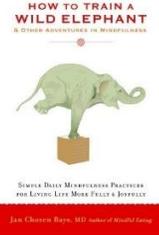
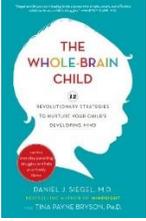
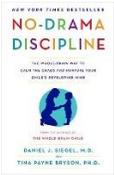
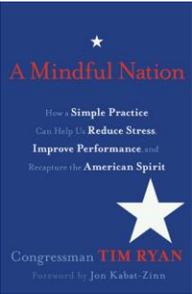
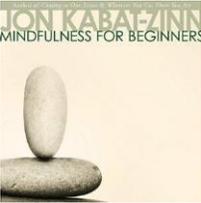


MINDFULNESS BOOKS

	Title	Author
	I Am Enough	Grace Byers
	Mindful Monkey, Happy Panda	Lauren Alderfer
	Breathe Like a Bear	Kira Willey
	The Color Monster	Anna Lena
	I am Peace, A Book of Mindfulness	Susan Verde
	Puppy Mind	Andrew Jordan Nance
	A Handful of Quiet, Happiness in Four Pebbles	Thich Nhat Hanh
	Jonathan James and the Whatif Monster	Michelle Nelson-Schmidt
	Charlotte and the Quiet Place (A Children's Book)	Deborah Sosin

	Title	Author
	The May Clinic Guide to Stress-Free Living	Amit Sood, Mayo Clinic
	A Quiet Place	Douglas Wood
	The Little Book of Mindfulness	Patrizia Collard
	10% Happier Revised Edition: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story	Dan Harris
	Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life	Jon Kabat-Zinn
	Self-Compassion: The proven power of being kind to yourself	Kristen Neff
	Mindfulness: A Practical Guide	Mark Williams, Danny Penman
	The Mindfulness Revolution	Various Authors
	Meditation for Beginners	Jack Kornfield

	Title	Author
	<p>Practicing Mindfulness: 75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday</p>	<p>Matthew Socklov</p>
	<p>How to Train A Wild Elephant</p>	<p>Jan Chozen Bays, MD</p>
	<p>The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive</p>	<p>Daniel J. Siegel</p>
	<p>No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind</p>	<p>Daniel J. Siegel, Tina Payne Bryson</p>
	<p>A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit</p>	<p>Tim Ryan</p>
	<p>Mindfulness for Beginners</p>	<p>Jon Kabat-Zinn</p>