**Mindfulness Meditation**

**Ann’s Personal Reading List**

These are books that I have read or used but there are lots of books out there on Mindfulness that may interest you.

* [Full Catastrophe Living](https://www.amazon.co.uk/Full-Catastrophe-Living-Revised-mindfulness-ebook/dp/B00EEBDDUU/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1622091030&sr=8-1) – Jon Kabat Zinn
* [Mindfulness: Finding Peace in a Frantic World](https://www.amazon.co.uk/Mindfulness-Eight-Week-Meditation-Programme-Frantic/dp/B004ZFZJWA/ref=sr_1_1?crid=2Y9NEPTC35BXB&dchild=1&keywords=mindfulness+finding+peace+in+a+frantic+world&qid=1622090290&sprefix=mindfulness+-+Finding+%2Caps%2C177&sr=8-1) – Mark Williams & Danny Penman
* Mindfulness for Beginners: Reclaiming the present moment and your life – Jon Kabat Zinn (can be purchases as 2 with Wherever you go there you are below)
* [Wherever you go there you are](https://www.amazon.co.uk/Wherever-You-There-Are-Mindfulness/dp/9123975598/ref=sr_1_5?dchild=1&keywords=mindfulness+for+beginners+-+reclaiming+the+present+moment&qid=1622090484&s=audible&sr=1-5) – Mindfulness Meditation for everyday life – Jon Kabat Zinn
* [Mindfulness for Dummies](https://www.amazon.co.uk/Mindfulness-Dummies-2e-Shamash-Alidina/dp/1118868188/ref=sr_1_7?dchild=1&keywords=mindfulness+for+dummies&qid=1622090657&sr=8-7) – Shamash Alidina ([Access Meditations for this book here](https://www.dummies.com/book-extras/mindfulness-dummies-2nd-edition-resource-center/))
* [Mindfulness in Eight Weeks](https://www.amazon.co.uk/s?k=mindfulness+in+eight+weeks&ref=nb_sb_noss_2) – Michael Chaskalson
* [Mindfulness for Health](https://www.amazon.co.uk/Mindfulness-Health-practical-relieving-restoring-ebook/dp/B00EOR0OLU/ref=sr_1_1?dchild=1&keywords=mindfulness+for+health&qid=1622090950&sr=8-1) – a practical guide to relieving pain, reducing stress, and restoring wellbeing – Vidyamala Burch and Danny Penman
* [Coming to our senses](https://www.amazon.co.uk/Coming-Our-Senses-Ourselves-Mindfulness-ebook/dp/B00JJ9QRR8/ref=sr_1_1?crid=26YI19XN9ZE4H&dchild=1&keywords=coming+to+our+senses+jon+kabat+zinn&qid=1622091472&sprefix=coming+to+ou%2Caps%2C385&sr=8-1): Healing ourselves and the world through mindfulness – Jon Kabat Zinn
* [Peace in every breath: A practice for our busy lives](https://www.amazon.co.uk/Peace-Every-Breath-Practice-Lives-ebook/dp/B009PMBZK8/ref=sr_1_1?dchild=1&keywords=peace+in+every+breath&qid=1622091623&sr=8-1) – Thich Nhat Hanh
* [The mindful path to self-compassion](https://www.amazon.co.uk/Mindful-Path-Self-Compassion-Yourself-Destructive/dp/1593859759/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1622091723&sr=8-1) – Christopher K Germer, PhD
* [Mindful Compassion](https://www.amazon.co.uk/Mindful-Compassion-Prof-Paul-Gilbert-dp-1472119908/dp/1472119908/ref=dp_ob_image_bk) – Paul Gilbert
* [A Mindfulness Guide for the Frazzled](https://www.amazon.co.uk/Mindfulness-Guide-Frazzled-Ruby-Wax/dp/024197206X/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1622091884&sr=1-1&asin=B015TTT0JI&revisionId=&format=2&depth=1) – Ruby Wax