The compassionate mind approach to building self-confidence by Welford, M
Aims to help the reader to recognize the ways in which they are self-critical and to understand the impact it may be having on their life.
Shelved at WLM 305 WEL

Mindfulness for dummies by Alidina, S
Includes self-control techniques and routines to use in everyday life to achieve a new level of self-awareness and self-understanding.
Shelved at WM 505 ALI

Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace) by Tan, C
The author teaches Google employees how to apply mindfulness techniques in the workplace and beyond. This book provides the reader with insider access to a course in health, happiness and creativity.
Shelved at WLM 305 TAN

Meditations for Healing Trauma: Mindfulness Skills to Relieve Post-Traumatic Stress by Davis, L
Designed to target the most common symptoms of post-traumatic stress and PTSD, providing mindfulness-based practices to help relieve symptoms and increase self-compassion.
Shelved at WM 174 DAV

Dissociation, mindfulness and creative meditations... by Forner, C.
Explores the potential of mindfulness practices, for those who experience traumatic stress and traumatic dissociation.
Shelved at WM 180 FOR

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Mindfulness

Mindfulness for beginners: reclaiming the present moment and your life by Kabat-Zinn, J
Mindfulness for Beginners is a new treasury of teachings and practices to inspire those new to meditation and MBSR (mindfulness-based stress reduction)
Shelved at WM 505 KAB

Mindfulness in plain English by Gunaratna
An introduction to mindfulness and meditation presented in a clear and simple way.
Shelved at WM 505 GUN

Mindful compassion: using the power of mindfulness and compassion to transform our lives by Gilbert, P and Choden, K
Mindful Compassion combines Compassion-Focused Therapy with mindfulness techniques.
Shelved at WLM 272 GIL

The reality slap by Harris, R
This self-help book teaches you how to cope effectively when life hurts.
WM 507 HAR

The confidence gap by Harris, R
This is a hands-on, self-help guide to gaining long-lasting confidence and overcoming fear using mindfulness-based therapy.
WLM 305 HAR

Using mindfulness skills in everyday life: a practical guide by Dunkley, C and Stanton, M
Informs readers how to incorporate mindfulness effectively into their daily lives. It provides simple explanations, examples and exercises.
Shelved at WM 507 DON

Books

Get out of your mind & into your life by Hayes, S and Smith, S
Offers a five-step plan for coping with painful emotions such as anxiety and depression
WM 507 HAY

Mindfulness: a practical guide to finding peace in a frantic world by Williams, M and Penman, D
This book and CD aids those struggling to keep up with the constant demands of the modern world and focuses on promoting joy and peace rather than banishing unhappiness
Shelved at WM 505 WIL

Wherever you go, there you are by J Kabat-Zinn
This book maps out a simple path for cultivating mindfulness in our lives.
Shelved at WLM 229 KAB

Full catastrophe living: how to cope with stress, pain and illness using mindfulness meditation by Kabat-Zinn, J
A manual for developing your own personal meditation practice and learning how to use mindfulness to improve health and healing in your own life.
Shelved at WM 505 KAB

The happiness trap pocketbook by Harris, R and Aisbett, B
This illustrated guide uses ACT (or Acceptance and Commitment Therapy) based on the principles of mindfulness.
Shelved at WLM 105 HAR

Mindfulness guide for the frazzled by Wax, R
Contains mindfulness advice for relationships, for parents, for children and for teenagers, and a six-week course based on the authors studies of Mindfulness Based Cognitive Therapy.
Shelved at WLM 229 WAX