

MINDFULNESS

Top 7 Mindfulness Books

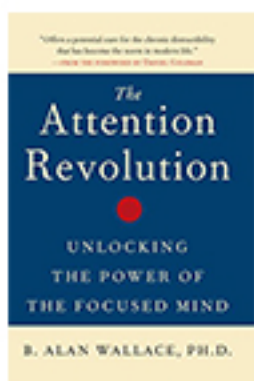
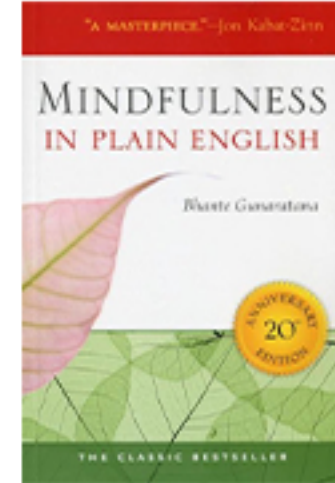
Mindfulness meditation has been researched extensively in the last 10 years.

There are literally thousands of peer reviewed scientific papers published on the topic and many more books in the market. It can be hard for a beginner to choose credible sources of information.

Below are our Top 7 recommended books on mindfulness meditation:

Mindfulness in
Plain English
- Bhante Gunaratana

01

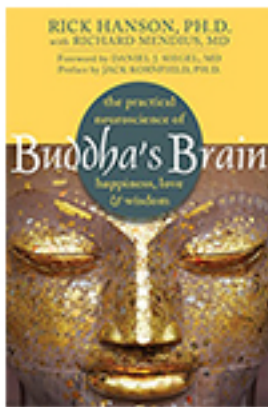


02

Attention Revolution
- Allan Wallace

Breath by Breath
- Larry Rosenberg

03

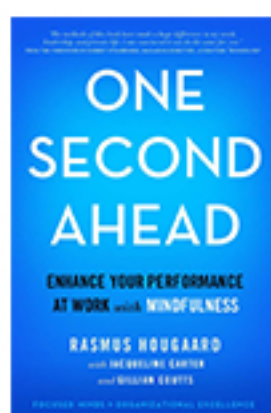
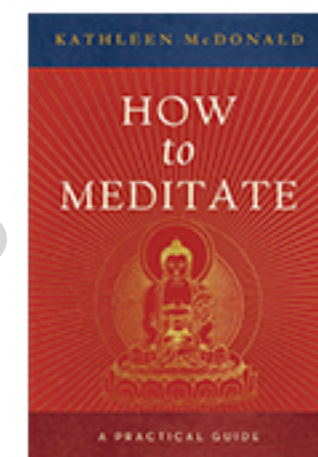


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Buddha's Brain
- Rick Hanson

How to Meditate
- Kathleen McDonald

05

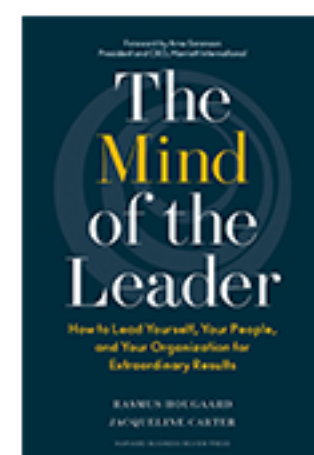


06

One Second Ahead
- Rasmus Hougaard

The Mind of
the Leader
- Hougaard & Carter

07



Happy Reading!



Keen to learn more?

BOOK A FREE CONSULTATION TODAY!

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