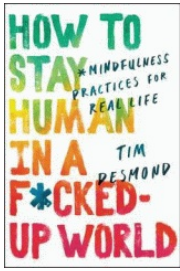


# Mindfulness

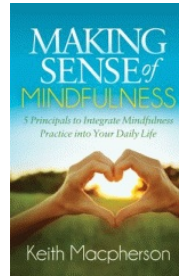
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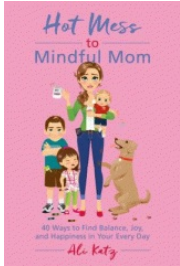
How to stay human in a fucked-up world : mindfulness practices for real life / Tim Desmond.

Desmond, Tim, author.



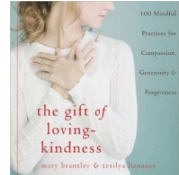
Making sense of mindfulness : five steps to integrate principle practice into your daily life / Keith Macpherson.

Macpherson, Keith, author.



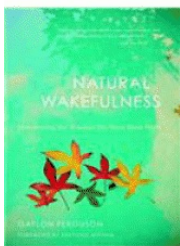
Hot mess to mindful mom : 40 ways to find balance, joy, and happiness in your every day / Ali Katz.

Katz, Alice, 1935- author.



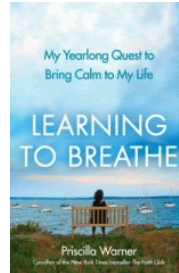
The gift of loving-kindness : 100 mindful practices for compassion, generosity & forgiveness / Mary Brantley & Tesilya Hanauer.

Brantley, Mary.



Natural wakefulness : discovering the wisdom we were born with / Gaylon Ferguson ; foreword by Sakyong Mipham.

Ferguson, Gaylon Jules.



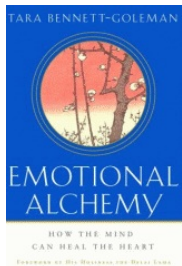
Learning to breathe : my yearlong quest to bring calm to my life / Priscilla Warner.

Warner, Priscilla, 1953-

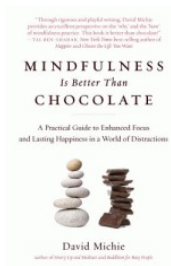
# Mindfulness

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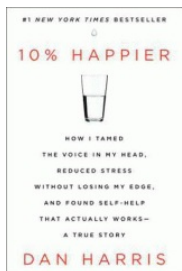
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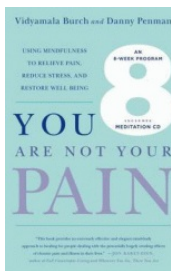
Emotional alchemy : how the mind can heal the heart / Tara Bennett-Goleman ; foreword by the Dalai Lama.  
Bennett-Goleman, Tara.



Mindfulness is better than chocolate : a practical guide to enhanced focus and lasting happiness in a world of distractions / David Michie, PhD.  
Michie, David, author.



10% happier : 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.  
Harris, Dan, 1971- author.



You are not your pain : using mindfulness to relieve pain, reduce stress, and restore well-being---an eight-week program / Vidyamala Burch and Danny Penman.

Burch, Vidyamala, author.