

MIND LIFE
PROJECT

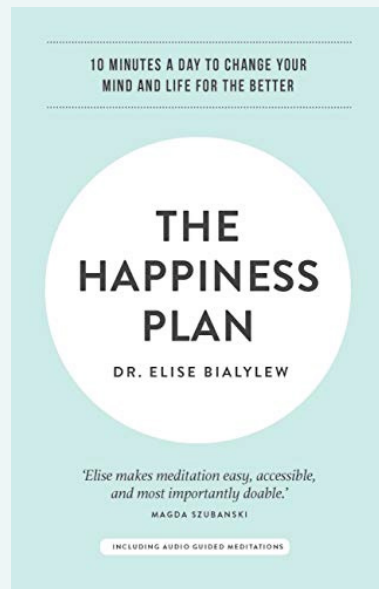
BOOK LIST

As part of the Mind Life Membership, our community reads a book a month to enhance our understanding of mindfulness and the way our brains work.

As you read, share your reflections and any quotes or ideas that have inspired you in the community Facebook group. Use the hashtag mentioned below each book, so the community can easily find your comments by searching the hashtag from within the group.

JUNE

Build a strong, thorough foundation for your mindfulness practice.



THE HAPPINESS PLAN

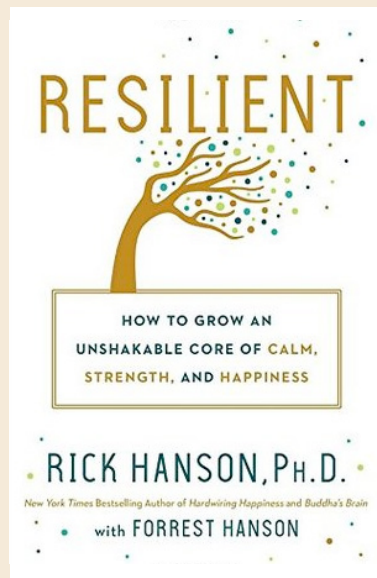
by *Elise Bialylew*

What if you could train your brain to experience greater happiness, focus, and emotional balance in daily life?
What if it took just ten minutes a day?

In *The Happiness Plan*, Dr Elise Bialylew offers a roadmap to a happier life. Drawing on her background in medicine, psychiatry and mindfulness meditation, she has created a powerful one-month mindfulness program that will lead you to a more balanced and fulfilled existence.

JULY

12 key tools for inner strength and resilience.



RESILIENT: HOW TO GROW AN UNSHAKABLE CORE OF CALM, STRENGTH, AND HAPPINESS

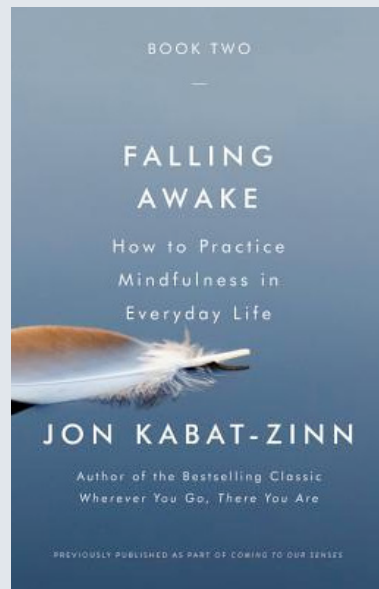
by Rick Hanson

In this succinct guide to lasting happiness, Dr. Hanson has distilled 40 years of clinical work and teaching into the tools that actually work. Each of these 12 tools grows a key inner strength for resilience, allowing you to enter a positive cycle in which resilience creates a sense of well-being, which creates even more resilience, and so on.

Developed from his incredibly popular online course called The Foundations of Well-Being, this essential book offers everything you need to shore up these powerful inner strengths. In his inimitable friendly, warm, straightforward tone, Dr. Hanson shares stories, support, and simple thoughts and actions that lead to deeply rooted change. Here is the groundwork that will allow you to meet life with a whole heart.

AUGUST

Overcome the most common obstacles of meditation.



FALLING AWAKE: HOW TO PRACTICE MINDFULNESS IN EVERYDAY LIFE

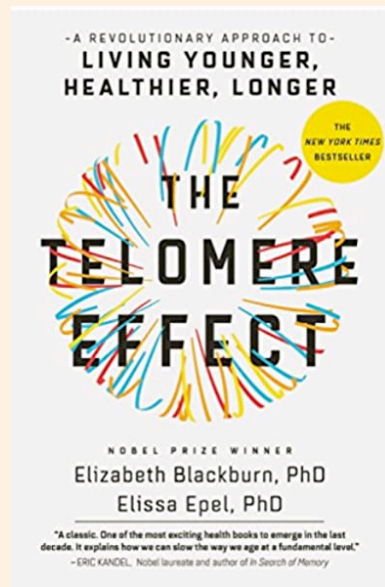
by Jon Kabat-Zinn

Millions of people have taken up a formal mindfulness meditation practice as part of their everyday lives. But how do you actually go about meditating? What does a formal meditation practice look like? And how can we overcome some of the common obstacles to incorporating meditation into daily life in an age of perpetual self-distraction?

Falling Awake directly answers these urgent and timely questions. Science shows that the tangible benefits of a mindfulness meditation practice are impossible to ignore. Kabat-Zinn explains how to incorporate them into our hectic, modern lives.

SEPTEMBER

The science of living longer and healthier through meditation.



THE TELOMERE EFFECT: THE NEW SCIENCE OF LIVING YOUNGER

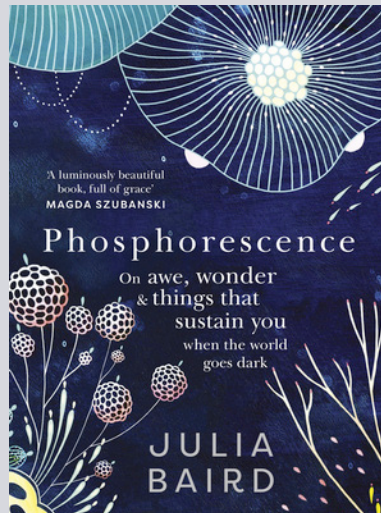
by *Elizabeth Blackburn and Elissa Epel*

Have you wondered why some 60-year-olds look and feel like 40-year-olds and why some 40-year-olds look and feel like 60-year-olds? While many factors contribute to aging and illness, Dr. Blackburn discovered that the length and health of one's telomeres – biological markers that protect our DNA – provide a biological basis for the long-hypothesized mind-body connection. But perhaps more importantly, along with leading health psychologist Dr. Elissa Epel, she discovered that there are things we can do to improve and lengthen our telomeres to keep us vital and disease-free.

This book will help people increase the reader's lifespan and health-span (the number of years during this time that they remain healthy and active), including information on how sleep, exercise, and diet profoundly affect our telomeres, and how chronic stress can eat away at our telomeres.

OCTOBER

How to find happiness in even the darkest times.



PHOSPHORESCENCE: ON AWE, WONDER AND THINGS THAT SUSTAIN YOU WHEN THE WORLD GOES DARK

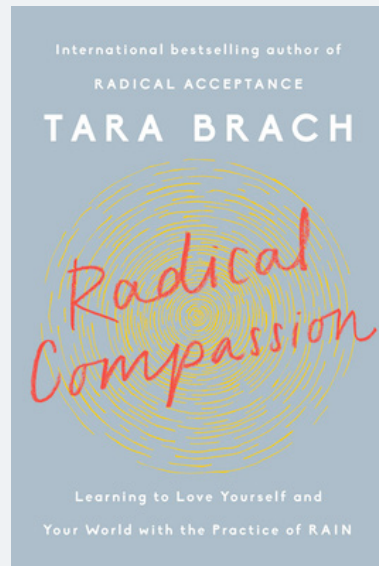
by Julia Baird

Over the last decade, we have become better at knowing what brings us contentment, well-being and joy. We know, for example, that there are a few core truths to science of happiness. We know that being kind and altruistic makes us happy, that turning off devices, talking to people, forging relationships, living with meaning and delving into the concerns of others offer our best chance at achieving happiness. But how do we retain happiness?

When our world goes dark, when we're overwhelmed by illness or heartbreak, loss or pain, how do we survive, stay alive or even bloom? In the muck and grit of a daily existence full of disappointments and a disturbing lack of control over many of the things that matter most, how do we find, nurture and carry our own inner, living light - a light to ward off the darkness?

NOVEMBER

Learning to love yourself and your world.



RADICAL COMPASSION: LEARNING TO LOVE YOURSELF AND YOUR WORLD WITH THE PRACTICE OF RAIN

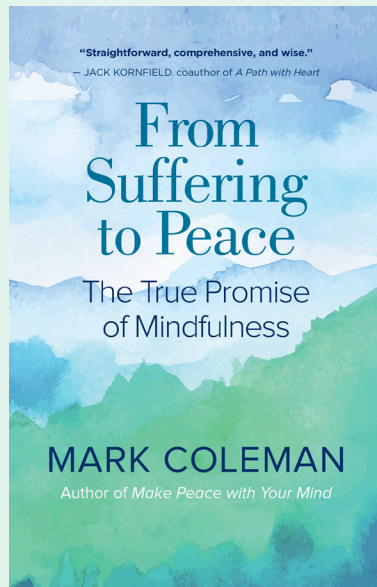
by Tara Brach

Tara Brach is an in-the-trenches teacher whose work counters today's ever-increasing onslaught of news, conflict, demands, and anxieties--stresses that leave us rushing around on auto-pilot and cut off from the presence and creativity that give our lives meaning.

In this heartfelt and deeply practical book, she offers an antidote: an easy-to-learn four-step meditation that quickly loosens the grip of difficult emotions and limiting beliefs. Each step in the meditation practice (Recognize, Allow, Investigate, Nurture) is brought to life by memorable stories shared by Tara and her students as they deal with feelings of overwhelm, loss, and self-aversion, with painful relationships, and past trauma--and as they discover step-by-step the sources of love, forgiveness, compassion, and deep wisdom alive within all of us

DECEMBER

Use mindfulness to find peace.



FROM SUFFERING TO PEACE: THE TRUE PROMISE OF MINDFULNESS

by Mark Coleman

Like yoga before it, mindfulness is now flourishing in every sector of society. It is a buzzword in everything from medicine to the military. Mark Coleman, who has studied and taught mindfulness meditation for decades, draws on his knowledge to not only clarify what mindfulness truly means but also reveal the depth and potential of this ancient discipline. Weaving together contemporary applications with practices in use for millennia, his approach empowers us to engage with and transform the inevitable stress and pain of life, so we can discover genuine peace — in the body, heart, mind, and wider world. While profound and multilayered, the mindfulness teachings Coleman shares have proved effective in a wide variety of settings. *From Suffering to Peace* will help readers of all kinds access and benefit from the “true promise of mindfulness.”