



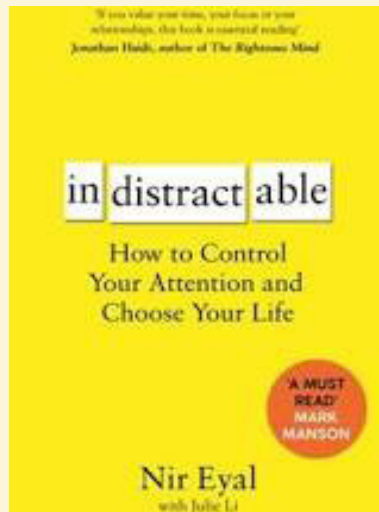
BOOK LIST

You're invited to join the community in reading a book a month, to enhance your understanding of mindfulness and the way your brain works.

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

A guide to making decisions and seeing them through.



INDISTRACTABLE

by Nir Eyal

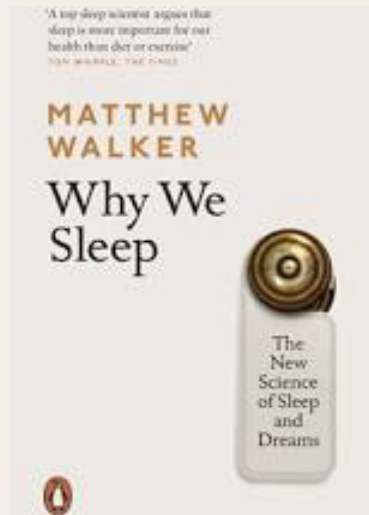
We are living through a crisis of distraction. Plans get sidetracked, friends are ignored, work never seems to get done.

Why does it feel like we're distracting our lives away?

In Indistractable, behavioural designer Nir Eyal shows what life could look like if you followed through on your intentions. Instead of suggesting a digital detox, Eyal reveals the hidden psychology driving you to distraction, and teaches you how to make pacts with yourself to keep your brain on track. Indistractable is a guide to making decisions and seeing them through.

JULY

Change your brain, change your life.



WHY WE SLEEP

by Matthew Walker

If you change your brain, you can change your life.

Great teachers like the Buddha, Jesus, Moses, Mohammed, and Gandhi were all born with brains built essentially like anyone else's—and then they changed their brains in ways that changed the world. Science is now revealing how the flow of thoughts actually sculpts the brain, and more and more, we are learning that it's possible to strengthen positive brain states.

This book presents an unprecedented intersection of psychology, neurology, and contemplative practice, and is filled with practical tools and skills that you can use every day to tap the unused potential of your brain and rewire it over time for greater well-being and peace of mind.

AUGUST

The importance of looking inside ourselves.



THE ART OF LIVING

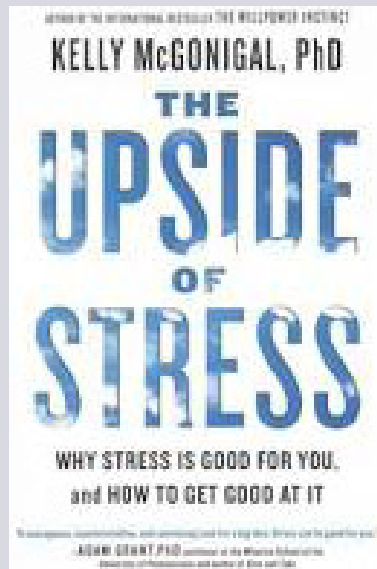
by Thich Nhat Hanh

Thich Nhat Hanh, the most well-known Zen master in the world, turns his attention to the most important subject of all - the art of living.

Stimulating and inspiring, this book teaches us the importance of looking inside ourselves and developing compassion, before we can turn to our relationships at home and in the wider world. Full of remarkable stories and mindful practices for engaging with life, this will be a book to treasure and act upon throughout our lives.

SEPTEMBER

Why stress is good for you, and how to get good at it.



THE UPSIDE OF STRESS - KELLY MCGONIGAL

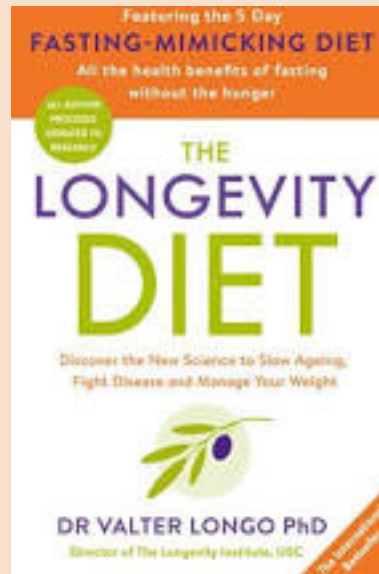
by Kelly McGonigal

You hear it all the time: stress causes heart disease; stress causes insomnia; stress is bad for you. But what if changing how you think about stress could make you happier, healthier, and better able to reach your goals? Combining exciting new research on resilience and mindset, Kelly McGonigal, PhD, proves that undergoing stress is not bad for you; it is undergoing stress “while believing that stress is bad for you” that makes it harmful. In fact, stress has many benefits, from giving us greater focus and energy, to strengthening our personal relationships.

McGonigal shows readers how to cultivate a mindset that embraces stress, and activate the brain’s natural ability to learn from challenging experiences. Both practical and life-changing, “The Upside of Stress” is not a guide to getting rid of stress, but a toolkit for getting “better” at it by understanding, accepting, and leveraging it to your advantage.”

OCTOBER

Lose weight, fight disease, and live a longer, healthier life.



THE LONGEVITY DIET

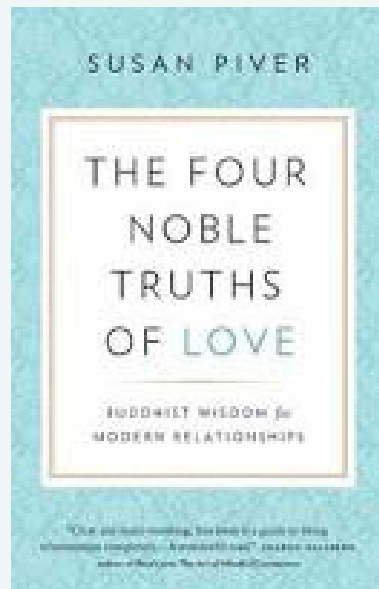
by Valter Longo

The internationally renowned, clinically tested, revolutionary diet program to lose weight, fight disease, and live a longer, healthier life.

From the scientist who revolutionized research on stem cells and aging and pioneered fasting-mimicking diets for healthy living to age 110 and beyond...

NOVEMBER

Why is it so hard to make relationships work?



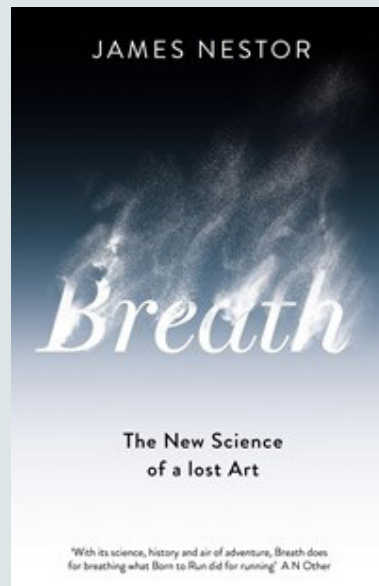
THE FOUR NOBLE TRUTHS OF LOVE

by Susan Piver

The Four Noble Truths of Love will challenge the expectations you have about dating, sex, and romance, liberating you from the habits, traumas, and expectations that have been holding back your relationships. This mindful approach toward love will help you open your heart fearlessly, deepen communications with your partner, increase your compassion and resilience, and lead you toward a path of true happiness. You have nothing to lose and everything to gain: expansive, real love for yourself and others.

DECEMBER

Learn how to breathe properly!



BREATH: THE NEW SCIENCE OF A LOST ART

by James Nestor

300,000 years ago, Homo sapiens had bigger skulls. Cooked food meant our heads shrunk; alongside a growing brain, our airways got narrower. Urbanisation then led us to breathe less deeply and less healthily. And so today more than 90% of us breathe incorrectly. So we might have been breathing all our life, but we need to learn how to breathe properly!

In *Breath*, James Nestor meets cutting-edge scientists at Harvard and experiments on himself in labs at Stanford to see the impact of bad breathing. He revives the lost, and recently scientifically proven, wisdom of swim coaches, Indian mystics, stern-faced Russian cardiologists, Czechoslovakian Olympians and New Jersey choral conductors - the world's foremost 'pulmonauts' - to show how breathing in specific patterns can trigger our bodies to absorb more oxygen, and he explains the benefits for everyone that result, from staying healthy and warding off anxiety to improving focus and losing weight.