



simple serenity

## Recommended Reading for Mindful Living

*My commitment is to work from my heart and to honor the sacredness of your process. I have hand-selected the following resources to support you on your journey to mindful living.*

—Lorrie Jones

The Great Work of Your Life: A Guide for the Journey to Your True Calling  
by Stephen Cope

The Book of Awakening: Having the Life You Want by Being Present to the Life You Have  
by Mark Nepo

The Now Effect: How a Mindful Moment Can Change the Rest of Your Life  
by Elisha Goldstein Ph.D.

Mindfulness for Beginners: Reclaiming the Present Moment and Your Life  
by Jon Kabat-Zinn Ph.D.

Coming to Our Senses: Healing Ourselves and the World Through Mindfulness  
by Jon Kabat-Zinn

Wherever You Go, There You Are  
by Jon Kabat-Zinn

The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer, and Visionary  
by Angeles Arrien

The Life Organizer: A Woman's Guide to a Mindful Year  
by Jennifer Loudon

Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing  
by Christiane Northrup

A New Earth: Awakening to Your Life's Purpose (Oprah's Book Club, Selection 61)  
by Eckhart Tolle

Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly Rich (Revised edition)  
by Duane Elgin

Emotional Intelligence  
by Dan Goleman

Meditations to Change Your Brain: Rewire Your Neural Pathways to Transform Your Life  
by Rick Hanson Ph.D., Richard Mendius M.D.

Mindfulness for Health  
by Vidyamala Burch and Danny Penman

The Developing Mind  
by Dan Siegel

Mindsight  
by Daniel Siegel

Big Magic  
by Liz Gilbert

Rising Strong  
by Brene Brown

Bird by Bird  
by Anne Lamott

Eat, Pray, Love  
by Liz Gilbert

Beautiful You  
by Rosie Molinary

Eliminate Chaos: The 10-Step Process to Organize Your Home and Life  
by Laura Leist

Broken Open: How Difficult Times Can Help Us Grow  
by Elizabeth Lesser

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness (Book & CD)  
by Mark Williams, John Teasdale, Zindel Segal, Jon Kabat-Zinn

A Mindful Way: Eight Weeks to Happiness  
by Jeanie Seward-Magee

My Heart Has Wings: 52 Empowering Reflections on Living, Learning, and Loving  
by Kris King

Meditations from the Mat: Daily Reflections on the Path of Yoga  
by Rolf Gates, Katrina Kenison

The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun  
by Gretchen Rubin

Happier at Home: Kiss More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Life  
by Gretchen Rubin

Life Is a Verb: 37 Days To Wake Up, Be Mindful, And Live Intentionally  
by Patti Digh

When You're Falling, Dive: Lessons in the Art of Living  
by Mark Matousek

The Power of Now: A Guide to Spiritual Enlightenment  
by Eckhart Tolle

Mindful Movements: Ten Exercises for Well-Being  
by Thich Nhat Hanh

Eight Mindful Steps to Happiness: Walking the Buddha's Path  
by Bhante Henepola Gunaratana

The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being  
by Daniel J. Siegel M.D.

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead  
by Brené Brown

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are  
by Brene Brown

I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough"  
by Brené Brown