

Mindfulness Readings

Here is a brief selection of books that I have found helpful. I hope they are useful to you. If you're looking for an app to support mindfulness, there are lots of choices: my personal favorite is the **Waking Up** app. **Headspace**, **Calm**, and **Ten Percent Happier** are other good options.

Mindfulness Introductions

The Mindful Twenty-Something (Holly Rogers). This book is a companion text to the introductory course from "Koru Mindfulness". While it is written with an "emerging adult" audience in mind, it has something for mindfulness students of all ages.

Mindfulness (Mark Williams and Danny Penman). This is a good 'nuts and bolts' introduction to mindfulness. It gives an eight-week introduction through a structured course of short daily mindfulness practices. Audio versions of short guided meditations are online (however, the narrator's English accent may be distracting for some American listeners).

Real Happiness (Sharon Salzberg) Another good introduction, with a guided 28 day course.

Wherever You Go, There You Are (Jon Kabat-Zinn): Jon Kabat-Zinn developed the MBSR (Mindfulness Based Stress Reduction) course. He has written other books on MBSR and its clinical benefits, but I think this is his best book to start with. It's great book to dip into to learn about meditation and for short inspiring reminders on how we can be mindful in our daily lives.

10% Happier (Dan Harris): The author is an ABC news anchor. This is an easy, engaging and thought provoking read on how someone living a driven, fast-paced, and occasionally dangerous life as a news reporter became interested in mindfulness and how it has benefited him (spoiler alert: he is about 10% happier ☺). It's not a book on practices as such, but does have a good set of practical tips near the end.

Mindfulness in Education

The Mindful School Leader (Valerie Brown and Kirsten Olson): This book contains case studies of how school and college administrators, staff, and faculty have used mindfulness in their professional and personal lives. Interspersed with the case studies are mindfulness practices for skills such as working with change, dealing with distractions, mindful communication, and so on.

Mindful Tech (David Levy) The author is at the University of Washington and his book is based on a course he runs there on making more mindful use of technology. There's lots of choices out there on this critical subject – one I haven't read, but that gets good reviews, is **Breaking up with your Phone (Catharine Price)**.

Mindful Leadership

Finding the space to Lead: a practical guide to mindful leadership (Janice Marturano): This book is based on a widely used mindfulness leadership course. Although most of the examples come from corporate workplaces, the leadership challenges will be familiar in essence (if not in content) to educational leaders.

Another good guide to connecting mindfulness practice to leadership **The mind of the leader (Rasmus Hougaard and Jacqueline Carter).**

Habits of Mind and Informal Practices

Just One Thing (Rick Hanson): This is a great little book to dip into to promote good “habits of mind” through short daily practices.

Resilience (Rick Hanson): This book presents mindfulness-based techniques to really take in the positive experiences that happen to us, not just for their own sake, but to build reserves of resilience to carry us through challenges. It’s a great supplement to a daily mindfulness practice.

Self-Compassion (Kristen Neff): This is another good supplement to a mindfulness practice. Most mindfulness courses have a self-compassion component: this book deals with that aspect in detail. The author (along with Christopher Germer) has developed a “Mindful Self-Compassion” course that uses mindfulness to cultivate self-compassion: the important skill of being kind and supportive of ourselves in adversity.

Mindfulness and Spirituality

Many people who develop a mindfulness practice find that it creates space to reflect on their values and intentions, and to develop the spiritual aspects of their lives. **Thich Naht Hahn** and **Pema Chodron** are two authors that I recommend most highly. Both write wisely and beautifully about living a mindful and ethical life. Although they are both Buddhist monks, they write in an inclusive way that those from any background and persuasion can connect with.

My best wishes in cultivating presence and authenticity in your life and work, in whatever ways work best for you!

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