

MINDFULNESS

Top 7 Mindfulness Books

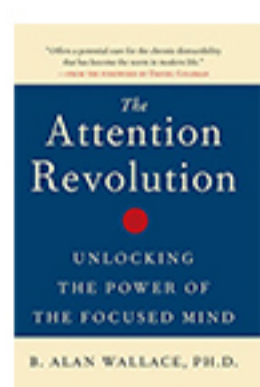
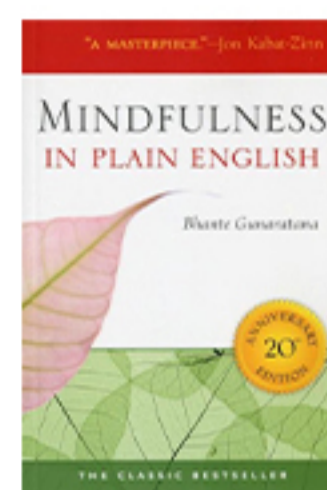
Mindfulness meditation has been researched extensively in the last 10 years.

There are literally thousands of peer-reviewed scientific papers published on the topic and many more books on the market. It can be hard for a beginner to choose credible sources of information.

Below are our Top 7 recommended books on mindfulness meditation:

Mindfulness in Plain English
- Bhante Gunaratana

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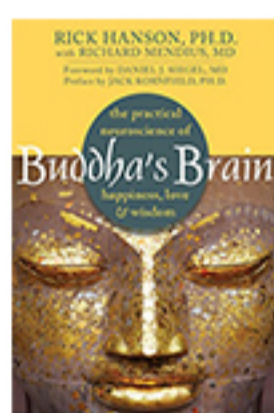


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Attention Revolution
- Allan Wallace

Breath by Breath
- Larry Rosenberg

03

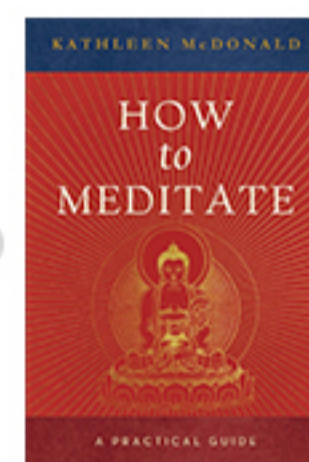


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Buddha's Brain
- Rick Hanson

How to Meditate
- Kathleen McDonald

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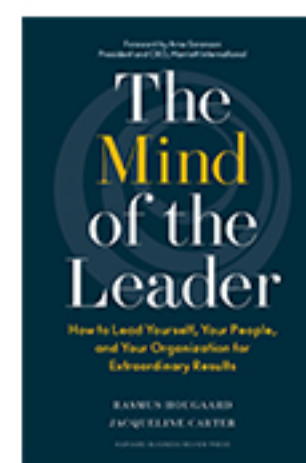


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One Second Ahead
- Rasmus Hougaard

The Mind of the Leader
- Hougaard & Carter

07



Happy Reading!