

Well-Being Reading List

Mindfulness. Finding peace in a frantic world. By Mark Williams and Danny Penman

Amazon Review:

THE LIFE-CHANGING BESTSELLER.

MINDFULNESS reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion and promote genuine joie de vivre. It's the kind of happiness that gets into your bones. It seeps into everything you do and helps you meet the worst that life can throw at you with new courage. The book is based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and it is recommended by the UK's National Institute of Clinical Excellence - in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MINDFULNESS focuses on promoting joy and peace rather than banishing unhappiness. It's precisely focused to help ordinary people boost their happiness and confidence levels whilst also reducing anxiety, stress and irritability.

Every Teacher Matters. Inspiring Well-Being through Mindfulness. By Kathryn Lovewell

Amazon Review:

Teachers are the most valuable resource in Education. Why is it that so little investment is made in supporting teachers to ensure they can sustain effective teaching and learning in the classroom? What if we were to invest time and energy back into the core of education, the teachers? What if we were to publicly express how valuable teachers really are? What if we lived in a society that made emotional health and well-being in the workplace a priority? What if we lived in a world where emotional intelligence was prioritised over any other subject so that learning could be accessed more easily and effortlessly? With humour, anecdote, and a wealth of background research, Every Teacher Matters offers a gentle hand to guide teachers - and through them, their students back to their hearts!

Learning to Ride Elephants. Teaching Happiness and Well-Being in Schools. By Ian Morris

Amazon Review:

There has recently been an explosion of interest in positive psychology and the teaching of well-being and 'happiness' in the PSHE world in schools and many teachers are looking for clear information on how to implement these potentially life-changing ideas in the classroom. This book provides an introduction to the theory of positive psychology and a practical guide on how to implement the theory in (primarily secondary) schools. The American psychologist and writer

Martin Seligman, well known for his work on the idea of 'learned helplessness', has more recently been working in the field of positive psychology. He has led training in resilience in a number of UK local authorities. Wellington College, where Ian Morris is head of philosophy, religion and PSHE, is among the first UK schools to introduce a formal well-being and happiness curriculum developed by the author.

Sane New World: Taming The Mind. By Ruby Wax

Amazon Review:

Ruby Wax - comedian, writer and mental health campaigner - shows us how our minds can jeopardize our sanity.

With her own periods of depression and now a Masters from Oxford in Mindfulness-based Cognitive Therapy to draw from, she explains how our busy, chattering, self-critical thoughts drive us to anxiety and stress.

If we are to break the cycle, we need to understand how our brains work, rewire our thinking and find calm in a frenetic world.

Helping you become the master, not the slave, of your mind, here is the manual to saner living.

Full Catastrophe Living. By Jon Kabat-Zinn

Full Catastrophe Living is a manual for developing your own personal meditation practice and learning how to use mindfulness to promote improved health and healing in your own life. It is based on Jon Kabat-Zinn's highly acclaimed stress reduction programme at the University of Massachusetts Medical Centre, where he uses mindfulness to help thousands of people cope with stress, anxiety, pain and illness.

This book will enable you to develop your own stress management programme. It provides easy-to-follow meditation techniques, a detailed eight-week practice schedule, dozens of success stories, plus the latest research findings.

This new edition has been revised and updated to include the latest research in support of mindfulness-based programmes and their effectiveness for stress reduction, symptom regulation and emotional balance. It is a practical guide for anyone, well or ill, who seeks to transcend their limitations and move towards greater levels of health and well being.

Mindfulness Reading list ideas

(From Mary Spink in the Prep School.

Please do talk to Mary if you would like to know more about any of these)

Wherever You Go, There You Are: Mindfulness meditation for everyday life.

By Jon Kabat-Zinn

The Little Book of Mindfulness

By Tidy Rowan

Mindfulness: Be Mindful. Live in the Moment.

By Gill Hasson

The Miracle of Mindfulness: The Classic Guide to Meditation by the world's most revered master

By Thich Nhat Hanh

Flourish: A New Understanding of Happiness and Well Being - and how to Achieve Them

By Martin E P Seligman

The Stress Reduction Workbook for teens: Mindfulness Skills to help you deal with Stress.

By Gina M Biegel

Teaching Mindfulness to Children and Teens

By Elizabeth Rose Wilds

Calming Your Anxious Mind for Teens: Free yourself from Anxiety, Fear, and Panic using Mindfulness Based Stress Reduction Skills

By Michelle L Bailey and Robin J Mogul

The Library

In terms of what we have in the library, we have a copy of **Mindfulness. A practical guide to finding peace in a frantic world.**

We do also have the following books in the Library which might be useful:

Mindful Manifesto, The: How Doing Less and Noticing More Can Help Us Thrive In A Stressed-Out World, by Heaversedge, Jonty

Mind Games: Inspirational Lessons from the World's Finest Sports Stars by Grout, Jeff

And we have a couple of e-books which are quite practical introductory level texts (click on link):

[Introducing Mindfulness: A Practical Guide](#)

[A Beginner's Guide to Mindfulness](#)