

Reading list

My recommendations are:

Spiritual, Self-help, Self-discovery, Meditation

Anatomy of the Spirit; by Caroline Myss

Turning the Mind into an Ally; Sakyong Mipham Rinpoche

The Book of Joy; Dalai Lama and Desmond Tutu

When Breath Becomes Air ; Paul Kalanithi

This Essentialism; Greg McKeown

The Heart Speaks; Dr Mimi Guarneri

Peace in Every Step: The Path of Mindfulness in Everyday Life; Thich Nhat Hanh

The Power of Now; *by* Eckhart Tolle

Quiet: The Power of Introverts in a World That Can't Stop Talking; *by* Susan Cain

Man's Search for Meaning; *by* Viktor Frankl's

The Way of the Peaceful Warrior: A Book That Changes Lives; *by* Dan Millman

Yoga Beyond Belief; *by* Ganga White

Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit

Of course I should also include my own book

Mindfulness My Way: toolkit for change Rebecca Jane (2015) available as kindle download [here](#) or in print. Search on Amazon Kindle