

## Suggested Resources

### Mindfulness Core Readings

Smalley, S., & Winston, D. (2010). **Fully present: The science, art, and practice of mindfulness.** Cambridge, Mass.: Da Capo Lifelong.

- *This text is a really nice mix of both the science and the practice of mindfulness. Both authors are experienced mindfulness instructors.*

Kabat-Zinn, J. (2012). **Mindfulness for beginners: Reclaiming the present moment--and your life.** Boulder, Colorado: Sounds True.

- *Kabat-Zinn, credited with bringing mindfulness to the United States in a major way through MBSR (Mindfulness Based Stress Reduction), has many books on the topic. This is his most accessible as it quickly lays out an understanding of mindfulness and explains how to get started.*

N., Thich., & Vo-Dinh, M. (1987). **The miracle of mindfulness: A manual on meditation.** Boston: Beacon Press.

- *In this slim volume you will discover how mindfulness can be universally applied in nearly everything you do. The focus is on presence and peace.*

**Mindful Magazine.** <http://www.mindful.org/magazine/>

- *This resource is great for those who are experienced or beginners. Articles are short, easy to read, and always very practical. Its one of the best places to go for "quick tips" related to mindfulness.*

### Mindfulness in the Workplace

Salzberg, S. (2014). **Real happiness at work: Meditations for accomplishment, achievement, and peace.** NY: Workman.

- *Salzberg is an expert in the field. She divides work into what she refers to as the eight pillars of satisfaction and shows how mindful practice can assist each of these.*

Rinzler, L. (2014). **The Buddha walks into the office: A guide to livelihood for a new generation.** Boston: Shambala.

- *Rinzler has published several books on mindfulness all of which are very accessible and entertaining to read. In this book he connects the concepts of mindfulness to success at work through the development of emotional intelligence and mindfulness.*

Charney, M, Colvin, J., & Moniz, R.(2019). **Recipes for mindfulness in your library: Supporting resilience and community engagement.** Chicago: ALA.

- This is a brief but interesting compilation of stories and ideas related to how library staff are

integrating mindfulness into the library and library workplace.

Moniz, R., Eshleman, J., Henry, J., Slutzky, H., & Moniz, L. (2015). **The mindful librarian: Connecting the practice of mindfulness to librarianship**. London: Chandos.

- Authored by four librarians and one psychologist this book covers the basics of mindfulness. It then explores how these concepts can be applied in a variety of different library roles and settings.

### **The Science of Mindfulness**

Siegel, D. (2007). ***The mindful brain: Reflection and attunement in the cultivation of well-being***. New York: W.W. Norton.

- *This book is a bit more dense than others on the topic of mindfulness but one of the very best in providing scientific evidence of the impact that mindfulness has on the brain.*

Siegel, D. (2011). ***Mindsight: The new science of personal transformation***. New York: Bantam Books Trade Paperbacks.

- *In this text Dr. Siegel seeks to merge scientific findings on mindfulness from both medicine and psychology. He has suggestions for managing some of the biggest hurdles people face dealing with a variety of disorders from depression to OCD.*

### **Mindful Eating**

N., Thich., & Cheung, L. (2010). ***Savor: Mindful eating, mindful life***. New York: HarperOne.

- *These two noted authors team up to explain the science of taste in connection with the practice of mindful eating and general mindful practice.*

### **Live Better**

Salzberg, S. (2011). ***Real happiness: The power of meditation : A 28-day program***. New York: Workman Pub.

- *In this book targeting beginners Salzberg provides a basic understanding of both why and how to get started with meditation and the improvement you can have in your life.*

Fields, J. (2016). ***How to live a good life: Soulful stories, surprising science, and practical wisdom***. Carlsbad, California: Hay House.

- *This book is full of so many great ideas and exercises it goes far beyond just mindfulness. That said, mindfulness is the central component upon which one can pivot into exploring their lives and living in the most meaningful and deliberate way possible. The book also has a Facebook page with a large following. Participants encourage and support one another in pursuing dreams and improving lives.*

## Focus

Csikszentmihalyi, M. (2008). *Flow: The psychology of optimal experience*. New York: Harper Perennial.

- *Csikszentmihalyi's work has been cited and used in many contexts. It highlights the critical importance of developing presence in our lives and work.*

## Loving Kindness

Neff, K. (2011). *Self-compassion: Stop beating yourself up and leave insecurity behind*. New York: William Morrow.

- *Neff's book focuses almost entirely on one aspect of mindfulness, kindness. She masterfully explains the importance of being kind not just to others but ourselves.*

## Contemplative Practice in Education

Charney, M. *Contemplative studies LibGuide*. UMass Amherst Libraries.  
<http://guides.library.umass.edu/contemplative>

- *Based primarily on UMass Amherst resources, this Libguide provides information about movies, books, and other resources associated with contemplative practices.*

## Online Meditation

Eng, K. "*Kim Eng - Guided breathing meditation*." YouTube. YouTube, 4 Oct. 2011.

- *There are many meditations of varying types, lengths, and quality online. This one is a great 10 minute basic breathing meditation to get started with.*

## Mindfulness in the Most Difficult Circumstances

Frankl, V. E. *Man's search for meaning*. Boston: Beacon, 2006.

- *As a survivor of Auschwitz this class work depicts how Frankl managed to survive one of the greatest ordeals in human history and how it informed him later in his life as well. It is one of the most influential and best selling books in American history.*

## Mindful Apps

### Calm

- *There are many different mindful apps but this one has a lot to offer. One can select meditations based on theme or type. One can also do a variety of multi-day meditations that are strung together and scaffolded over time to build a wider understanding of practice. Note that there is a*

*monthly fee for full access.*

## **Social Networking**

### **Mindfulness for Librarians Facebook Group**

- *Started by Madeleine Charney, Jo Henry, Richard & Lisa Moniz, and Jenny Colvin in 2016 this group currently has more than 2000 members. Librarians are encouraged to share interesting and relevant information about mindfulness in general but also in education and libraries. Live sessions are occasionally scheduled for those who wish to connect virtually and discuss ideas.*