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The Human Skills Institute

Business Strategy Consulting and Executive Coaching for Next Level Success

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Recommended Resources on Mindfulness

Print and Audiobooks on Mindfulness

Most of the books on this list are not the newest ones on the topic. They are, however, among the best that have made neuroscience accessible. I recommend starting with these as all are evidence-based. The authors' interests were making mindfulness accessible to practitioners in diverse disciplines, not just academics and scientists. Finding quality among more recent publications is harder. Dr. Daniel Siegel and Dr. Ronald Siegel are highly accomplished academics whose writing is accessible.

The Science of Mindfulness: A Research-Based Path to Well-Being

By Ronald Siegel, Performed by the author: 13 hrs and 53 mins

Excellent audiobook. Engaging performance, so it's easy to listen to. Evidence-based but not academic in tone. Information is very accessible. Includes recorded meditations.

Only Available from Audible (audiobook)-- https://www.audible.com/pd/The-Science-of-Mindfulness-Audiobook/B00MEQRUG0?pf_rd_p=6a5ce8e4-798e-4a64-8bc5-71dcf66d673f&pf_rd_r=4M2EJSHT8851E7ARJQX0&ref=a_lib_c4_IProduct_7

Who is it for? For planners who want a basic understanding of the science of mindfulness and recorded meditations to help you practice it.

The Power of Self-Compassion

By Laurie J. Cameron, Performed by the author: 4 hrs and 14 mins

Self-compassion is a foundation of mindfulness. While the vocal performance on this audiobook verges on cloying, the guided exercises and meditations are well worth it.

Only Available from Audible (audiobook)-- https://www.audible.com/pd/The-Power-of-Self-Compassion-Audiobook/B082P722R4?pf_rd_p=6a5ce8e4-798e-4a64-8bc5-71dcf66d673f&pf_rd_r=4M2EJSHT8851E7ARJQX0&ref=a_lib_c4_libItem_B082P722R4

Who is it for? For planners who tend to be self-critical. For example, if “imposter syndrome” is one of your issues, then focusing on self-compassion is a good place to begin or focus your mindfulness practice.

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The Neurobiology of ‘We’: How Relationships, the Mind, and the Brain Interact to Shape Who We Are, By Daniel J. Siegel, Performed by Daniel L. Siegel, 8 hrs and 9 mins
I highly recommend anything written by Dr. Siegel. In this book, Dr. Siegel focuses on the impacts of mindfulness for relationships with others and ourselves. His discussion of the primary role of awareness is both accessible and profound.

Audiobook: https://www.audible.com/pd/The-Neurobiology-of-We-Audiobook/B005OZJFWA?qid=1581274716&sr=1-1&pf_rd_p=e81b7c27-6880-467a-b5a7-13cef5d729fe&pf_rd_r=JPMTNBGAHHENV9NK3T5X&ref=a_search_c3_lProduct_1_1

Who is it for? For planners who want a deeper understanding of the neuropsychology of changes that can improve your relationships. If you believe that your relationships or communication may be impacted by difficult past experiences, you may find this book especially helpful and enlightening.

Practicing Mindfulness: An Introduction to Meditation

By Mark W. Muesse for The Great Courses, Performed by the author: 12 hrs and 29 mins
This book focuses on the importance of awareness and the relationships between mindfulness, awareness, and meditation. It includes simple exercises for building greater awareness.

Only Available from Audible (audiobook)-- [https://www.audible.com/pd/Practicing-Mindfulness-An-Introduction-to-Meditation-Audiobook/B00DDVQQLA?pf_rd_p=6a5ce8e4-798e-4a64-8bc5-](https://www.audible.com/pd/Practicing-Mindfulness-An-Introduction-to-Meditation-Audiobook/B00DDVQQLA?pf_rd_p=6a5ce8e4-798e-4a64-8bc5-71dcf66d673f&pf_rd_r=4M2EJSHT8851E7ARJQX0&ref=a_lib_c4_libItem_B00DDVQQLA)

[71dcf66d673f&pf_rd_r=4M2EJSHT8851E7ARJQX0&ref=a_lib_c4_libItem_B00DDVQQLA](https://www.audible.com/pd/Practicing-Mindfulness-An-Introduction-to-Meditation-Audiobook/B00DDVQQLA?pf_rd_p=6a5ce8e4-798e-4a64-8bc5-71dcf66d673f&pf_rd_r=4M2EJSHT8851E7ARJQX0&ref=a_lib_c4_libItem_B00DDVQQLA)

Who is it for? For planners who want a basic understanding of mindfulness and recorded meditations to help you practice it. The author focuses quite a lot on stories. If that's something you like, then you may prefer this to Ronald Siegel's book.

Free Recorded Meditations from Dr. Ronald Siegel's website:

Website Homepage: <https://www.TheMindfulnessSolution.com>

For Recorded Meditations Go To: <https://www.mindfulness-solution.com/DownloadMeditations.html>