

MINDFULNESS & WELLBEING RESOURCES

Books. www.mindsthatwork.com/resources

- The Upside of Stress: Why stress is good for you (and how to get good at it) by Kelly McGonigal
- Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry by Catherine Pittman and Elizabeth Karle
- The Happiness Trap (Based on ACT: A revolutionary mindfulness-based programme for overcoming stress, anxiety and depression) by Russ Harris
- Hardwiring Happiness: How to reshape your brain and your life by Rick Hanson
- The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle
- Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead by Brene Brown
- You Can Heal Your Life by Louise Hay
- Mindfulness: A practical guide to finding peace in a frantic world by Mark Williams and Danny Penman
- Feel The Fear And Do It Anyway: How to Turn Your Fear and Indecision into Confidence and Action by Susan Jeffers
- The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness by Dr Stephen Peters

Mental health & wellbeing training

- www.mindsthatwork.com

Web & Apps

- www.headspace.com
- www.bemindfulonline.com
- www.mindfulnet.org
- www.breathworks-mindfulness.org.uk
- www.mbct.co.uk
- Insight time app
- Calm app

Evidence & Research

- www.oxfordmindfulness.org
- www.bemindful.co.uk/evidence-research

