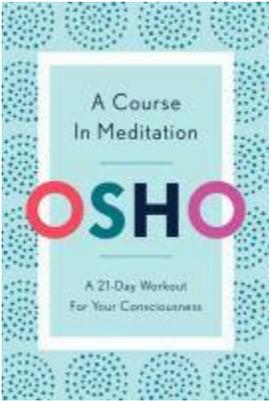


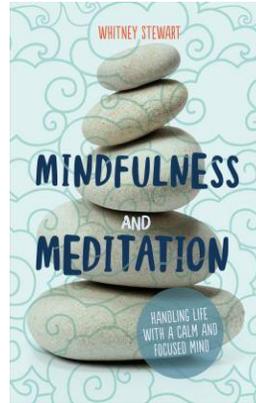
MEDITATION, STRESS REDUCTION, MINDFULNESS, CONSCIOUSNESS



A Course in Meditation: a 21-day workout for your Conscious by Osho

Each day, a new aspect of meditative living is touched upon, followed by a meditation and awareness practice. Then reflection on the quote of the day.

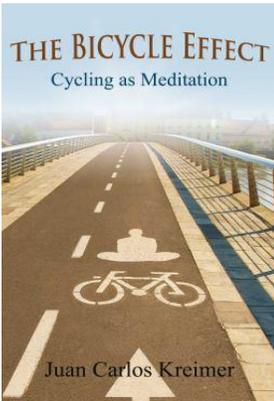
299.93 OSHO



Mindfulness and meditation : handling life with a calm and focused mind by Whitney Stewart

This book is geared towards teenagers in how to address and manage stress in their lives. Topics such as social media and health awareness are touched upon in this book.

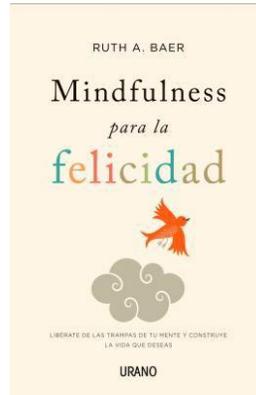
YA 155.5 STEWART



The bicycle effect : cycling as meditation by Juan Carlos Kreimer

The feeling that we experience riding a bicycle is similar to when we are meditating when we sit crossed-legged.

796.6 KREIMER

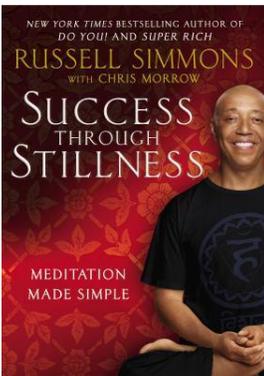


SPANISH LANGUAGE

Mindfulness para la felicidad : libérate de las trampas de tu mente y construye la vida que deseas by Ruth Baer

Book explains how you set up traps in your mind which creates external stress. Book also explains how to get rid of these traps.

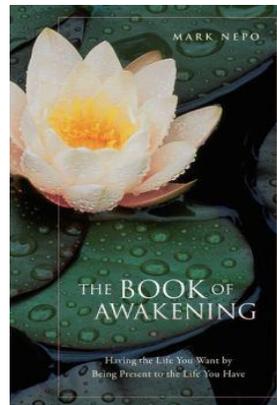
SPANISH 158.1 BAER



Success through stillness: meditation made simple by Russell Simmons

Simmons shows how inner peace and outward success are connected. He shows how being still have helped his career and life.

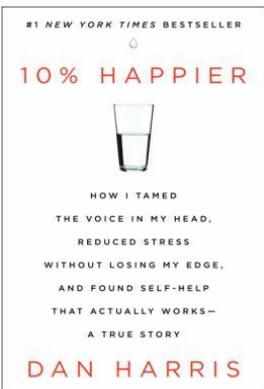
158.12 SIMMONS



The book of awakening : having the life you want by being present to the life you have by Mark Nepo

The author gives his thoughts on life to make it a better life. One of the better spiritual guides, there is an exercise at the end of each section.

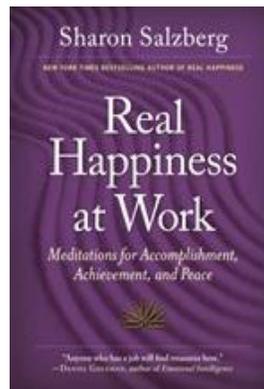
LP 204.3 NEPO



10% happier : how I tamed the voice in my head, reduced stress without losing my edge, and found self-help that actually works : a true story by Dan Harris

A book written about spirituality by someone who doesn't seem spiritual. Humorous and serious book about meditation being helpful in stress management and health improvement.

158.12 HARRIS



Real happiness at work : meditations for accomplishment, achievement, and peace by Sharon Salzberg

Sharon Salzberg shows how meditation at work can help you cope at work. She shows how short meditation can help find happiness at work.

158.12 Salzberg