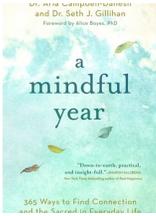




Mindfulness and Meditation

Adult Recommendations E-Library Edition

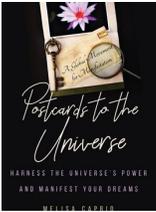


A Mindful Year

Campbell-Danesh, Aria

As practical as it is inspirational, *A Mindful Year* marries moments of mindful reflection with calls to action-daily nuggets of wisdom paired with friendly encouragement to live in a way that is grounded, authentic, and compassionate.

[Hoopla e-book](#)

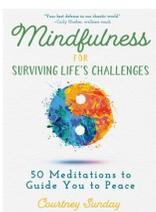


Postcards to the Universe: Harness the Universe's Power and Manifest Your Dreams

Caprio, Melisa

Have you ever wanted a way to bend the ear of the Universe - that is, the loving energy behind all creation? Yes, that Universe, the one that renders absolute and perfect manifestation. Know that the Universe hears what is in your heart. It hears exactly what you want for your greatest life.

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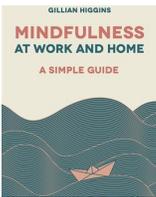


Mindfulness For Surviving Life's Challenges

Sunday, Courtney

This book offers fifty meditations divided into two sections: one to see you through the period of deep physical or emotional pain and the other for when you are ready to move forward with your new normal.

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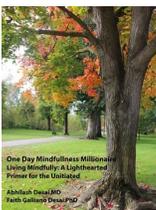


Mindfulness at Work and Home

Desai, Abhilash

With demands to be met, decisions to be made and relationships to be navigated, it can be hard to find time to pause and catch your breath.

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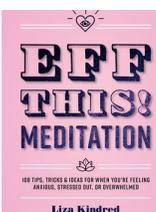


One Day Mindfulness Millionaire

Power, Rory

The book also shares neuroscience of resilience and happiness and the role mindfulness can play in improving our resilience and happiness. The book has many simple mindfulness exercises for readers to begin their mindfulness journey and several more complex mindfulness exercises for readers who are already well on their way to mindful living.

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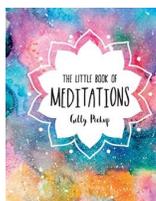


EFF This! Meditation

Kindred, Liza

Are you stressed out, anxious, or overwhelmed? Get out of the storm swirling in your head-and into the peaceful place inside you. Eff This! Meditation will help you let that crap go...with 108 hands-on practices rooted in humor, love, straight talk, and a deep respect for the foundational teachings of Buddhism.

[Hoopla e-book](#)



Little Book of Meditations

Pickup, Gilly

Dive into an ancient art and timeless tradition with *The Little Book of Meditations*. This charming gift book is educational, teaching readers about the practice's fascinating history, the physical and mental benefits of meditation, and the practical ways engage in mindfulness.

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