

# BOOKS WE LOVE

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The Mindful Child: How to Help you Kid Manage Stress and become Happier, Kinder and More Compassionate  
by Susan Greenland

2

Mindful Teaching and Teaching Mindfulness;  
A Guide for Anyone who Teaches Anything  
by Deborah Schoeberlein and Suke Sheth

3

The Stress Reduction Workbook for Teens:  
Mindfulness Skills to Help you Deal with Stress  
by Gina Biegel, MA, LMFT

4

Child's Mind: Mindfulness Practices to Help Our Children  
Be More Focused, Calm and Relaxed  
by Christopher Williard Psy.D.

5

10 Mindful Minutes: Giving our Children and Ourselves  
The SEL Skills to Reduce Stress and Anxiety  
for Happier, Healthier Lives  
by Goldie Hawn and Wendy Holden

6

Full Catastrophe Living: Usin the Wisdom of your Body and  
Mind to Face Stress, Pain and Illness  
by Jon Kabat-Zinn