



The act of reading can be, in itself, an act of mindfulness. It provides us with an escape, a release – we can let our imaginations wander off to a different place for a bit and forget life’s daily stresses. We are settled, we are grounded and we are focussed only on the words on the page when we become engrossed in a book. We expand our thoughts, we have empathy for characters – we don’t fall in love with the way a character looks; we fall in love with their thoughts, their actions, their words and their souls.

This sums it up nicely:

“When we get lost in words, we can lose track of time, our day to day thoughts, feelings, emotion and reactions are forgotten for a moment, they settle, affect us less as we are transported to another, amazing world. We don’t judge the words we just read them and accept them for what they are” *Julie Pearson & Maureen Taylor, [Afaeducation](#)*

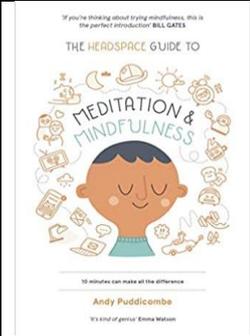
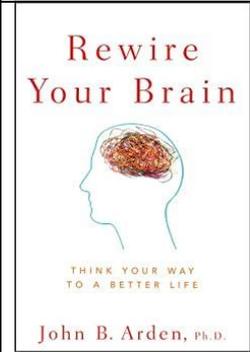
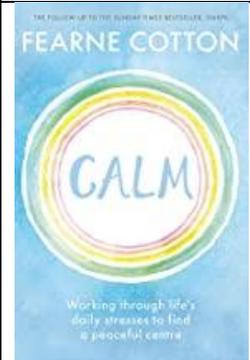
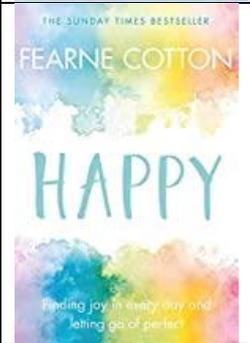
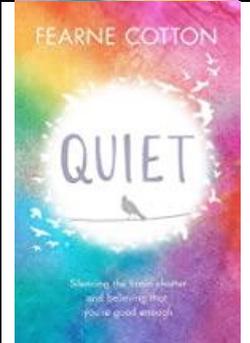
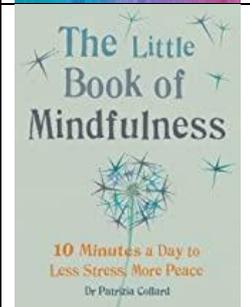


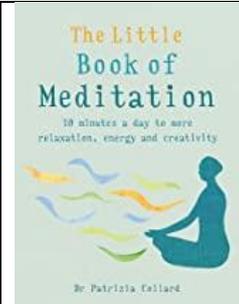
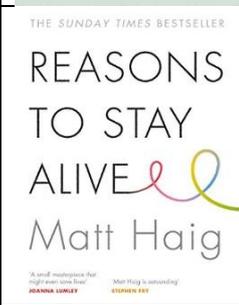
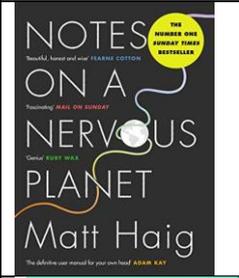
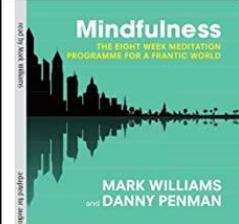
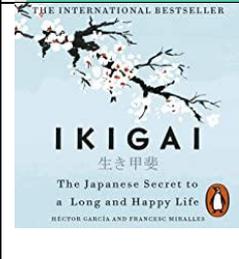
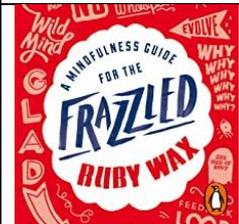
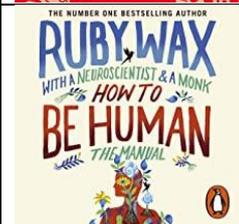
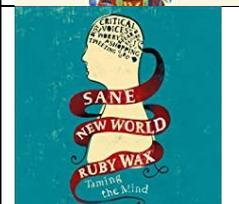
By giving purpose in a particular way, paying attention to, being in the moment of, in a non-judgemental way, we meet the basic principles of mindfulness.

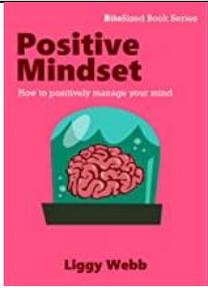
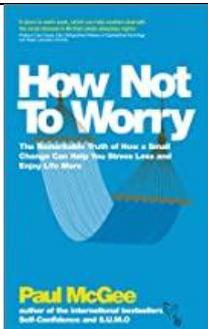
Image credit: <https://www.livingmorefully.com/blogs/what-is-mindfulness>

With this in mind, providing a mindful reading list is almost needless, as anything you wish to read can be read in a mindful way, whether it’s War and Peace or the latest Stephen King offering. However, these are tricky times and maybe we could do with some extra help.

## Adult Shelf Help Suggestions

	<p>The Headspace Guide to Meditation &amp; Mindfulness Andy Puddicombe (Don't forget the Headspace app)</p>	<p>Kindle £6.99 Pbk £7.68</p>
	<p>Rewire Your Brain: Think Your Way to a Better Life John B Arden</p> <p>*This is Sue's recommendation*</p>	<p>Kindle £8.77 Pbk £9.23</p>
	<p>Calm: Working Through Life's Daily Stresses to Find a Peaceful Centre Fearne Cotton</p>	<p>Kindle £4.99 Pbk £3.00</p>
	<p>Happy: Finding Joy in Every Day &amp; Letting Go of Perfect Fearne Cotton</p>	<p>Kindle £4.99 Pbk £3.00</p>
	<p>Quiet: Silencing the Brain Chatter &amp; Believing That You're Good Enough</p>	<p>Kindle £4.99 Pbk £3.00</p>
	<p>The Little Book of Mindfulness: 10 Minutes a Day to Less Stress &amp; More Peace Patrizia Collard</p>	<p>Kindle £1.99 Pbk £6.80 Flexibound £4.98</p>

	<p>The Little Book of Meditation: 10 Minutes a Day to More Relaxation, Energy &amp; Creativity Patrizia Collard</p>	<p>Kindle £4.99 Flexibound £5.00</p>
	<p>Reasons to Stay Alive Matt Haig</p>	<p>Kindle £5.03 Pbk £6.99</p>
	<p>Notes on a Nervous Planet Matt Haig</p>	<p>Kindle £5.03 Pbk £8.19</p>
	<p>Mindfulness: A Practical Guide to Finding Peace in a Frantic World Prof Mark Williams, Dr Danny Penman et all</p>	<p>Kindle £4.99 Pbk £7.94</p>
	<p>Ikigai: The Japanese Secret to a Long &amp; Happy Life Hector Garcia</p>	<p>Kindle £4.99 Hbk £9.56</p>
	<p>A Mindfulness Guide for the Frazzled Ruby Wax</p>	<p>Kindle £4.99 Pbk £6.99</p>
	<p>How to be Human: The Manual Ruby Wax</p>	<p>Kindle £4.99 Pbk £6.99</p>
	<p>Sane New World Ruby Wax</p>	<p>Kindle £3.99 Pbk £7.72</p>

	<p>Liggy Webb's Bitesized Book series. Positive Mindset; Uncertainty; Resilience; Relaxation (And more)</p> <p><i>If you follow Liggy on LinkedIn, she often sends them out on request.</i></p>	<p>All free with Kindle Unlimited £1.99 each.</p>
	<p>How Not To Worry Paul McGee (author of the SUMO method, Shut Up, Move On)</p>	<p>Kindle £5.96 Pbk £7.45</p>
	<p>Take a Moment: Refocus, Recentre &amp; Relax Wherever You Are MIND</p>	<p>£7.72</p>

All prices quoted are from Amazon and are correct at the time of writing (March 2020). Amazon are still delivering books during the pandemic.

- If you'd like to explore the Reading Well recommended titles for adult mental health, please use this link:  
<https://reading-well.org.uk/books/books-on-prescription/mental-health>
- If you want an uplifting story to read, check out the titles on this link:  
<https://reading-well.org.uk/books/mood-boosting-books>
- Don't forget there are many podcasts you can listen to covering mindfulness and well-being. Spotify and Apple Music both have sections you can browse for inspiration.