

BOOK TITLE	AUTHOR	CATEGORY
5 a day to keep you joyful <i>Daily inspiration for a healthy happy mind</i>	Rachel & Andrew Sainsbury	Mindfulness
Breathe well <i>Easy and effective exercises to boost energy, feel calmer, more focused and productive</i>	Amy Hartley	Mindfulness
Calm – 365 ways to better you <i>365 daily activities to achieve serenity in your daily life</i>	Laurel Alexander	Mindfulness
<i>Calm - collections of quotes</i>	Various	Mindfulness
Daily calm <i>100 daily reminders to help build the mindfulness habit</i>	Padraig Morgan	Mindfulness
Laugh <i>Inventive ways to bring laughter into your life</i>	Lisa Sturge	Mindfulness
Mindfulness pocketbook <i>Little exercises for a calmer life</i>	Gill Hasson	Mindfulness
Resilience Card <i>(via young minds website)</i>	N/A	Mindfulness
Stand tall like a mountain <i>Mindfulness and self-care for children and parents</i>	Suzy Reading	Mindfulness
The keep it simple book <i>50 ways to uncomplicated your life and work</i>	Simon Tyler	Mindfulness
The little book of Alpaca philosophy <i>A practical guide to a better life</i>	Jennifer McCartney	Mindfulness
The little book of calm <i>Secrets for staying calm</i>	Paul Wilson	Mindfulness
The little book of friendship <i>Inspiring suggestions and joyful quotes to remind you of the value of friendship</i>	Lucy Lane	Mindfulness
The little book of Otter philosophy <i>A practical guide to a better life</i>	Jennifer McCartney	Mindfulness
The little book of resilience <i>Simple tips and practical exercises to help build resilience</i>	Cheryl Rickman	Mindfulness

The little book of Sloth philosophy <i>A practical guide to a better life</i>	Jennifer McCartney	Mindfulness
The strengths book <i>Discover how to be fulfilled in life and work</i>	Sally Blib	Mindfulness
What is your cat really thinking <i>A funny look into the mind of a cat</i>	Danny Boy & Sophie Johnson	Mindfulness
What would unicorn do <i>Magical rules for a happy life</i>	Sarah Ford	Mindfulness
You are a star <i>A collections of quotes</i>	Various	Mindfulness
You are amazing <i>A collections of quotes</i>	Various	Mindfulness