Recommended Mindfulness Book List

Marnie Aylesworth-Hogan, D. Ed.

**Leadership**

- The Mindful Leader by Michael Bunting (2016)
- The Mind of the Leader: How to Lead Yourself, Your People, and Your Organization for Extraordinary Results by Rasmus Hougaard and Jacqueline Carter (2018)

**Coaching**


**Teacher/Parent Books**

- Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh and the Plum Village Community (2011)
- The Mind-Up Curriculum Grades Pre-K to 2 by Scholastic (2011)
Mindfulness Skills for Kids & Teens by Debra Burdick (2014)

A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions by Amy Saltzman MD and Saki Santorelli EdD MA (2014)


Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens by Lisa Roberts (2014)

The Art of Mindfulness for Children by Alisa Reddy (2014)

Teach Breathe Learn: Mindfulness In and Out of the Classroom by Meena Srinivasan (2014)

Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom by Patricia A Jennings (2015)

Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families by Susan Kaiser Greenland (2016) – This also has a card deck you can order separately

Children’s Books

A Handful of Quiet: Happiness in Four Pebbles by Thich Nhat Hanh (2008)

What Does It Mean To Be Present? by Rana DiOrio and Eliza Wheeler (2010)

The Lemonade Hurricane: A Story of Mindfulness and Medication By Licia Morelli (2015)

The Tail of Max the Mindless Dog: A Children's Book on Mindfulness by Florenza Denise Lee and Michelle Wynn (2015)


Master of Mindfulness: How to Be Your Own Superhero in Times of Stress by Laurie Grossman and Mr. Musumeci’s 5th Grade Class (2016)
- A World of Pausabilities: An Exercise in Mindfulness by Frank J Sileo, PhD (2017)