



# National Meditation Month at SPL

## Non-Fiction

[The Untethered Soul: The Journey Beyond Yourself](#)

Michael Singer | 153 Sin

[Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life](#)

Jon Kabat-Zinn | 155.042 Kab

[The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity](#)

Melanie Greenberg | 155.9 Gre

[Shortcuts to Inner Peace: 70 Simple Paths to Everyday Serenity](#)

Ashley Davis Bush | 155.9042 Bus

[Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](#)

Brene Brown | 158 Bro

[Unfu\\*k Yourself: Get Out of Your Head and Into Your Life](#)

John Bishop | New 158.1 Bis

[Llewellyn's Complete Book of Mindful Living: Awareness and Meditation Practices for Living in the Present Moment](#)

Robert Butera | 158.1 But

[10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help that Actually Works](#)

Dan Harris | 158.12 Har

[Secular Meditation: 32 Practices for Cultivating Inner Peace, Compassion, and Joy](#)

Rick Heller | 158.12 Hel

[Real Happiness: Learn the Power of Meditation, A 28-Day Program](#)

Sharon Salzberg | 158.12 Sal

[How We Work: Live Your Purpose, Reclaim Your Sanity, and Embrace the Daily Grind](#)

Leah Weiss | New 158.7 Wei

[Happiness in This Life: A Passionate Meditation on Earthly Existence](#)

Pope Francis | 248.4 Fra

[Meditation in Action](#)

Chogyam Trungpa | 294.3 Tru

[Advice Not Given: A Guide to Getting Over Yourself](#)

Mark Epstein | New 294.344 Eps

[Zen Mind, Beginner's Mind](#)

Shunryu Suzuki | 294.344 Suz

[Quiet Mind: A Beginner's Guide to Meditation](#)

Susan Piver | 294.3443 Piv

[The Book of Joy: Lasting Happiness in a Changing World](#)

Dalai Lama | 294.3444 Dal

[The Power of Off: The Mindful Way to Stay Sane in a Virtual World](#)

Nancy Colier | 302.2 Col

[Sunset Tai Chi: Simplified Tai Chi for Relaxation and Longevity](#)

Ramel Ronés | 613.7148 Ron

[Just Breathe: Mastering Breathwork for Success in Life, Love, Business, and Beyond](#)

Dan Brulé | 615.8 Bru

[The Mindful Way to a Good Night's Sleep: Discover How to Use Dreamwork, Meditation, and Journaling to Sleep Deeply and Wake Up Well](#)

Tzivia Gover | New 616.849 Gov

[How to Break Up with Your Phone](#)

Catherine Price | 616.8584 Pri

[When Breath Becomes Air](#)

Paul Kalanithi | 616.99 Kal

[The Art of Mindful Origami: Soothe the Mind with 15 Beautiful Origami Projects and Accompanying Mindfulness Exercises](#)

Richard Chambers | 736.982 Cha



[One Zentangle a Day: A 6-Week Course in Creative Drawing for Relaxation, Inspiration, and Fun](#)

Beckah Krahula | New 741.2 Kra

[Mandalas to Embroider: Kaleidoscope Stitching in a Hoop](#)

Carina Envoldsen-Harris | New 746.44 Env

**Contemplative Fiction & Biographies**

[Pond](#)

Claire-Louise Bennett

[Autumn](#)

Ali Smith

[Can't and Won't](#)

Lydia Davis

[Snow Hunters](#)

Paul Yoon

[Honeydew](#)

Edith Pearlman

[The Folded Clock](#)

Heidi Julavits | B Julavits

[Zen and the Art of Motorcycle](#)

[Maintenance](#)

Robert Pirsig

[Speak, Memory](#)

Vladimir Nabokov | B Nabokov