

**Buddha's Brain: the practical neuroscience of happiness, love, and wisdom** by Rick Hanson

**The Happiness Hypothesis** by Jonathan Haidt

**How to Train a Wild Elephant: and other adventures in mindfulness** by Jan Chozen Bays

**The Inner Work of Racial Justice: healing ourselves and transforming our communities through mindfulness** by Rhonda Magee

**Mindfulness in Plain English** by Bhante Henepola Gunaratana

**Mindsight: the new science of personal transformation** by Daniel J. Siegel

**The Power of Now: a guide to spiritual enlightenment** by Eckhart Tolle

**Seven Practices of a Mindful Leader: lessons from Google, Search Inside Yourself, and a Zen Monastery Kitchen** by Marc Lesser

**The Untethered Soul** by Michael A. Singer

**You Are Here: discovering the magic of the present moment** by Thich Nhat Hanh

**Wherever You Go, There You Are: mindfulness meditation in everyday life** by Jon Kabat-Zinn

**Zen and the Art of Motorcycle Maintenance** by Robert M. Pirsig