

MINDFULNESS AND NUTRITION

Brain Building Nutrition

Michael A. Schmidt, PhD, 2007

Dr. Schmidt explains how dietary fats & oils can affect mental, physical, and emotional well being, as well as provides a host of practical dietary information. (269 pages)

How To Relax

Thich Nhat Hanh, 2015

Learn mindfulness essentials with simple directions for exploring meditation to promote healing, transformation, inner peace, and relief from anxiety. (116 pages)

The Mind Illuminated

John Yates, Ph.D., Matthew Immergut, & Jeremy Graves, 2015

A complete meditation guide integrating Buddhist wisdom and brain science. Step by step guidance for every stage of the meditation path. (453 pages)

Mindfulness for Beginners

Ella Marie, 2015

25 Easy Mindfulness Exercises to help you live life in the present moment, conquer anxiety & stress, and live a more fulfilling life. (35 pages)

The Miracle of Mindfulness

Thich Nhat Hanh, 1987

An introduction to the power of meditation. Gentle anecdotes & practical exercises for learning the skills of mindfulness. (148 pages)

Reinventing Oneself After Loss

Hilary Zayed, 2015

Of all the physical & cognitive losses after her brain injury, it was Hilary's loss of self that was the least visible to others, but most painful to her. Her book explores the reinvention of her "new self" using art as a vehicle for expression. (86 pages)

The Mindfulness And Nutrition Injury category has materials about promoting good health and well being. It is not meant to be a substitute for advice from your doctor.