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)