



LIVE YOUR BEST YOU.

## Reading List

The six books below offer additional support consistent with the two skills around which our session was built. All offer experiential exercises that may help deepen your mindfulness practice and/or commitment to values-based action.

Forsyth, J.P., & Eifert, G.H. (2006). *The mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, phobias, and worry using acceptance and commitment therapy*. Oakland, CA: New Harbinger

Hanson, R. (2018). *Resilient: How to grow an unshakable core of calm, strength, and happiness*. New York, NY: Harmony Books.

Harris, R. (2012). *The reality slap: Finding peace and fulfillment when life hurts*. Oakland, CA: New Harbinger.

Harris, R. (2008). *The happiness trap: How to stop struggling, start living*. Boston, MA: Trumpeter Books.

Hayes, S.C. (2005). *Get out of your mind and into your life*. Oakland, CA: New Harbinger Publications.

Kabat-Zinn, J. (2005). *Wherever you go, there you are: Mindfulness in everyday life* (10<sup>th</sup> ed.). New York, NY: Hachette Books.

McKeown, G. (2014). *Essentialism: The disciplined pursuit of less*. New York, NY: Crown Business.

## Smartphone Applications

Mindfulness Practices: *Stop, Breathe & Think* OR *Headspace*

Acceptance & Commitment Therapy: *ACT Companion*