

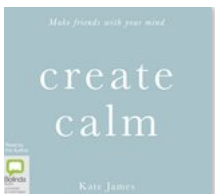


SUBJECT GUIDE: MINDFULNESS

Are you caught in the whirlwind of busy work, busy home, busy life? Struggling with the current situation? We are all experiencing difficult times so we hope to offer you some ways to make your day better.

'Mindfulness' is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. With your Geelong Regional Libraries membership, you have online access to a wide range of mindfulness eResources that will help you manage your anxiety and stress.

eAudiobooks on Borrowbox



KATE JANES - CREATE CALM

Practical, warm and soothingly accessible, *Create Calm* provides all the tools you need to cultivate a more peaceful and positive inner world.



DAVID JONES & CARMEN WARRINGTON - TAKE 5

These meditations include breathing and relaxation exercises, affirmations, easy visualisations, guided journeys, mindfulness and calming techniques and a sound bath.



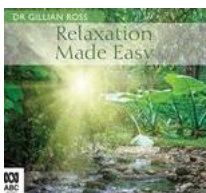
JANE MARTINO & JAMES TUTTON - SMILING MIND

Smiling Mind provides personal insight into the practice of mindfulness meditation.



LISA MESSENGER - MONEY & MINDFULNESS

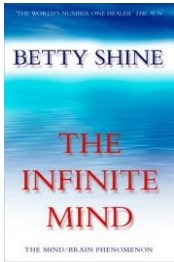
Do you want to stop using a lack of money as an excuse for not stepping out of your personal comfort zone and pursue your purpose? This book aims to help you appreciate your real voice, amplify your self-worth and find the means to achieve everything you dream of.



GILLIAN ROSS - RELAXATION MADE EASY

Using breath awareness techniques from the yogic tradition, visualisations and soothing music, Gillian guides you into a deep connection with your body.

eBooks on Borrowbox



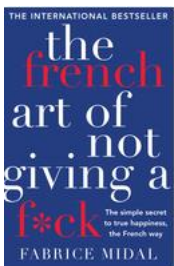
BETTY SHINE – THE INFINITE MIND

This book will unlock the doors to your mind and the whole range of its emotions.



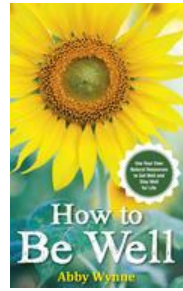
RACHAEL KABLE – THE MINDFUL KIND

The Mindful Kind will show you how to implement mindfulness in all aspects of your life – from relationships, self-care, health, sleep, work and study to hobbies, creativity and fun, and even social media.



FABRICE MIDAL – THE FRENCH ART OF NOT GIVING A F*CK

*The French Art of Not Giving a F*ck* grants each of us permission to stop doing the things that don't make us happy, so we have room in our lives for the things that do.



ABBY WYNNE – HOW TO BE WELL

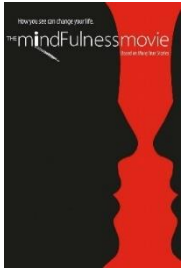
By going through the healing techniques in this book, readers will receive a substantial improvement in their wellness and have the tools they need to maintain their wellbeing for the rest of their lives.



KATE MARR KIPPENBERGER – INSPIRATION FOR THE HEART

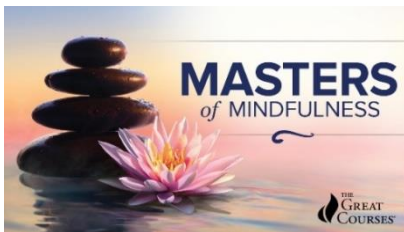
From enjoying the present moment to using your imagination to its greatest potential, each page insightfully provides a catalyst for your own reflection.

Films on Kanopy



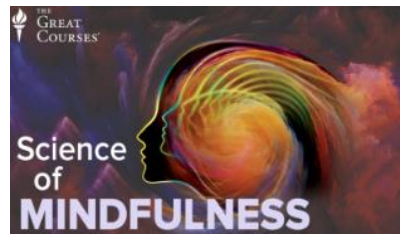
THE MINDFULNESS MOVIE

A fun and educational journey showcasing the worldwide brain research proving the benefits of mindfulness and the public's increasing awareness and acceptance of the practice.



MASTERS OF MINDFULNESS

In these 22 lessons, renowned specialists share their own experiences and their latest research and they guide you through several mindfulness exercises.



THE SCIENCE OF MINDFULNESS

In these 24 episodes, look at the wide-scale adoption of mindfulness techniques into mainstream psychology and healthcare and study the brain science underlying these traditional wisdom practices and experience their extraordinary effects on your own life.



PRACTICING MINDFULNESS: AN INTRODUCTION TO MEDITATION

Gain a clear understanding of the essence of meditation and how best to practice it in 24 lessons filled with guided exercises, principles and techniques.

Web resources

Please note that these are external resources and may have associated costs.

[Smiling Mind](#)

Free. To foster positive mental health habits for all ages.

[UCLA Health Mindful App](#)

Free. Mindfulness practice guidance.

[Insight Timer](#)

Free. Large library of guided meditations.