

22 Recommended Reads for 2022, courtesy of Central Library staff

Many titles are available in multiple formats (Books on CD; Large Print, etc). For ease of use, links listed here are for the standard book version of each title.

Links will provide information on where books are at the time of your search. Library patrons can also place a hold and have titles sent to the library of their choice.

1. *The awakened brain: the new science of spirituality and our quest for an inspired life*
Miller, Lisa (Clinical psychologist) [find all copies in the Monroe County Library System](#)
2. *Becoming*
Obama, Michelle [find all copies in the Monroe County Library System](#)
3. *Breathe, empower, achieve: 5-minute mindfulness for women who do it all*
Moralis, Shonda [find all copies in the Monroe County Library System](#)
4. *Fierce self-compassion: how women can harness kindness to speak up, claim their power, and thrive*
Neff, Kristin [find all copies in the Monroe County Library System](#)
5. *Good morning, I love you: mindfulness + self-compassion practices to rewire your brain for calm*
Shapiro, Shauna L. [find it at Central Library](#)
6. *The happiness curve: why life gets better after 50*
Rauch, Jonathan [find all copies in the Monroe County Library System](#)
7. *Happy not perfect: upgrade your mind, challenge your thoughts, and free yourself from anxiety*
Poppy, Jamie [find all copies in the Monroe County Library System](#)
8. *Love your body feed your soul: self-care rituals and recipes for your inner goddess*
Sanders, Summer (Nutritionist) [find it at Central Library](#)
9. *Little pieces of hope: happy-making things in a difficult world*
Doughty, Todd [find all copies in the Monroe County Library System](#)
10. *Meditation for fidgety skeptics: a 10% happier how-to book*
Harris, Dan [find all copies in the Monroe County Library System](#)
11. *Navigating the pandemic: stories of hope and resilience*
edited by Teresa Schreiber Werth [find all copies in the Monroe County Library System](#)
12. *Outsmart your pain: mindfulness and self-compassion to help you leave chronic pain behind*
Wolf, Christiane (Mindfulness teacher) [find all copies in the Monroe County Library System](#)
13. *Real change: mindfulness to heal ourselves and the world*
Salzberg, Sharon [find all copies in the Monroe County Library System](#)
14. *Real love: the art of mindful connection*
Sharon Salzberg [find all copies in the Monroe County Library System](#)
15. *Still life: the myths and magic of mindful living*
Pacheco, Rebecca [find it at Gates Public Library](#)
16. *Stay woke: a meditation guide for the rest of us*
Williams, Justin Michael [find it at Central Library](#)
17. *10% happier: how I tamed the voice in my head, reduced stress without losing my edge, and found self*
Harris, Dan [find it at Monroe Branch Library](#)
18. *Think like a monk: train your mind for peace and purpose every day*
Shetty, Jay [find all copies in the Monroe County Library System](#)
19. *Untamed*
Doyle, Glennon [find all copies in the Monroe County Library System](#)
20. *What happened to you?: conversations on trauma, resilience, and healing*
Perry, Bruce Duncan [find all copies in the Monroe County Library System](#)
21. *Wintering: the power of rest and retreat in difficult times*
May, Katherine [find all copies in the Monroe County Library System](#)
22. *The wisdom of anxiety: how worry & intrusive thoughts are gifts to help you heal*
Paul, Sheryl [find all copies in the Monroe County Library System](#)