

MINDFULNESS & MEDITATION BOOK LIST



I Can Handle It (Mindful Mantras)

by Laurie Wright and Ana Santos

No Worries! Mindful Kids: An Activity Book for Young People Who Sometimes Feel Anxious or Stressed

Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety, and Anger

by Janine Halloram

Mindfulness for Anxious Kids: A Workbook to Help Children Cope with Anxiety, Stress, and Worry

by Catharine Cook-Cottone PhD & Rebecca Vujnovic PhD

Outsmarting Worry

by Dawn Huebner

I Am Peace: A Book of Mindfulness

by Susan Verde and Peter H. Reynolds

Sitting Like a Frog

by Eline Snel

Mindful Activities for Kindness, Focus, and Calm

by Mindful Kids

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