Mindfulness

How to Be a Mindful Sportsperson

Meditation

Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body

The Mindful Way to a Good Night’s Sleep: Discover How to Use Dreamwork, Meditation, and Journaling to Sleep Deeply and Wake Up Well

The Book of Joy: Lasting Happiness in a Changing World

Running with the Mind of Meditation: Lessons for Training Body and Mind

Meditation Books

Meditation for Fidgety Skeptics: A 10% Happier How-to Book


The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living

The Book of Joy: Lasting Happiness in a Changing World

Running with the Mind of Meditation: Lessons for Training Body and Mind

Meditation Books on CD

Meditation: A Start Here Guide for Beginners

Stress Less, Accomplish More: Meditation for Extraordinary Performance

Mindfulness: Six Guided Practices for Awakening

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works - A True Story

Guided Meditations for Difficult Times: A Lamp in the Darkness

Quiet Mind: One-Minute Retreats from a Busy World

A Meditation to Help You with Healthful Sleep

Unplug: A Simple Guide to Meditation for Busy Skeptics and Modern Soul Seekers

Yoga DVDs

Relieving Stress with Yoga

Beginner Level Yoga: Build Muscle Tone, Enhance Flexibility, Improve Stress and Increase Your Confidence with Yoga

Easy Yoga: The Secret to Strength and Balance

The Perfect Yoga Workout

Pilates/Yoga for anyBODY

Power Yoga for Strength and Endurance

Power Yoga: The Practice: a Total Mind/Body Workout

Yoga Body Burn

Yoga Conditioning for Athletes

Yoga Conditioning for Weight Loss

Yoga Books

Yoga for Better Sleep: Ancient Wisdom Meets Modern Science

Accessible Yoga: Poses and Practices for Every Body

Chair Yoga for Seniors: Stretches and Poses that You Can Do Sitting Down at Home

Laughter Yoga: Daily Practices for Health and Happiness

Yoga for Everyone: 50 Poses for Every Type of Body

Healing Yoga: Proven Postures to Treat Twenty Common Ailments; from Backache to Bone Loss, Shoulder Pain to Bunions, and More

The Yoga Effect: A Proven Program to Manage Depression and Anxiety

Yoga: Your Home Practice Companion

2,100 Asanas: The Complete Yoga Poses

Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga

Yoga at Home: Inspiration for Creating Your Own Home Practice

Essential Kundalini Yoga: An Invitation to Radiant Health, Unconditional Love, and the Awakening of Your Energetic Potential

Lifelong Yoga: Maximizing Your Balance, Flexibility, and Core Strength in Your 50s, 60s, and Beyond

Relax into Yoga for Seniors: a Six-Week Program for Strength, Balance, Flexibility, and Pain Relief

Yoga Therapy for Stress & Anxiety: Create a Personalized Holistic Plan to Balance Your Life