



BOOK RECOMMENDATIONS BY DR. CARMEN MOHAN

Self-Help

BOOK TITLE: *Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience*

AUTHOR: Brené Brown

BOOK DESCRIPTION: In *Atlas of the Heart*, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection.

BOOK TITLE: *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*

AUTHOR: Jon Kabat-Zinn

BOOK DESCRIPTION: In this book, the author maps out a simple path for cultivating mindfulness in one's own life. It speaks both to those coming to meditation for the first time and to longtime practitioners, anyone who cares deeply about reclaiming the richness of his or her moments.



BOOK TITLE: *The 8th Habit: From Effectiveness to Greatness*

AUTHOR: Stephen R. Covey

BOOK DESCRIPTION: In the more than twenty-five years since its publication, *The 7 Habits of Highly Effective People* has become an international phenomenon with more than twenty-five million copies sold. Tens of millions of people in business, government, and schools have dramatically improved their lives and organizations by applying the principles of Stephen R. Covey's classic book.

The world, however, is a vastly changed place. Being effective as individuals and organizations is no longer merely an option—it's a requirement for survival. But in order to thrive, innovate, excel, and lead in what Covey calls the "New Knowledge Worker Age," we must build on and move beyond effectiveness. In this era of human history, our call is for greatness—holistic fulfillment, passionate execution, and significant contribution.

Accessing the higher levels of human genius in today's new reality requires a change in thinking: a new mindset and a new skill-set—in short, a new habit. The crucial challenge of our world today is this: to find our voice and inspire others to find theirs. It is what Covey calls the 8th Habit. *The 8th Habit* is the answer to the soul's yearning for greatness, the organization's imperative for significance and superior results, and humanity's search for its "voice."

BOOK TITLE: *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life*

AUTHOR: Jon Kabat-Zin

BOOK DESCRIPTION: We may long for wholeness, suggests Jon Kabat-Zinn, but the truth is that it is already here and already ours. The practice of mindfulness holds the possibility of not just a fleeting sense of contentment, but a true embracing of a deeper unity that envelops and permeates our lives. With *Mindfulness for Beginners* you are invited to learn how to transform your relationship to the way

you think, feel, love, work, and play—and thereby awakened to and embody more completely who you really are.

Here, the teacher, scientist, and clinician who first demonstrated the benefits of mindfulness within mainstream Western medicine offers a book that you can use in three unique ways: as a collection of reflections and practices to be opened and explored at random; as an illuminating and engaging start-to-finish read; or as an unfolding "lesson-a-day" primer on mindfulness practice.

Beginning and long-time meditators alike will discover in these pages a valuable distillation of the key attitudes and essential practices that Jon Kabat-Zinn has found most useful with his students, including:

- Why heartfulness is synonymous with true mindfulness
- The value of coming back to our bodies and to our senses over and over again
- How our thoughts "self-liberate" when touched by awareness
- Moving beyond our "story" into direct experience
- Stabilizing our attention and presence amidst daily activities
- Three fundamental mental factors that cause suffering
- How mindfulness heals, even after the fact
- Reclaiming our wholeness, and more

The prescription for living a more mindful life seems simple enough: return your awareness again and again to whatever is going on. But if you've tried it, you know that here is where all the questions and challenges really begin. *Mindfulness for Beginners* provides welcome answers, insights, and instruction to help us make that shift, moment by moment, into a more spacious, clear, reliable, and loving connection with ourselves and the world.

BOOK TITLE: *The Charisma Myth: How Anyone Can Master the Art and Science of Personal Magnetism*

AUTHOR: Olivia Fox Cabane

BOOK DESCRIPTION: What if charisma *could* be taught?

The charisma myth is the idea that charisma is a fundamental, inborn quality—you either have it (Bill Clinton, Steve Jobs, Oprah) or you don't. But that's simply not true, as Olivia Fox Cabane reveals. Charismatic behaviors can be learned and perfected by anyone.

Drawing on techniques she originally developed for Harvard and MIT, Cabane breaks charisma down into its components. Becoming more charismatic doesn't mean transforming your fundamental personality. It's about adopting a series of specific practices that fit in with the personality you already have.

The Charisma Myth shows you how to become more influential, more persuasive, and more inspiring.

BOOK TITLE: *Why We Sleep: Unlocking the Power of Sleep and Dreams*

AUTHOR: Matthew Walker

BOOK DESCRIPTION: Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. Until very recently, science had no answer to the question of why we sleep, or what good it served, or why we suffer such devastating health consequences when we don't sleep. Compared to the other basic drives in life—eating,

drinking, and reproducing—the purpose of sleep remained elusive.

An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now, preeminent neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming. Within the brain, sleep enriches our ability to learn, memorize, and make logical decisions. It recalibrates our emotions, restocks our immune system, fine-tunes our metabolism, and regulates our appetite. Dreaming mollifies painful memories and creates a virtual reality space in which the brain melds past and present knowledge to inspire creativity.

Walker answers important questions about sleep: how do caffeine and alcohol affect sleep? What really happens during REM sleep? Why do our sleep patterns change across a lifetime? How do common sleep aids affect us and can they do long-term damage? Charting cutting-edge scientific breakthroughs, and synthesizing decades of research and clinical practice, Walker explains how we can harness sleep to improve learning, mood, and energy levels; regulate hormones; prevent cancer, Alzheimer's, and diabetes; slow the effects of aging; increase longevity; enhance the education and lifespan of our children, and boost the efficiency, success, and productivity of our businesses. Clear-eyed, fascinating, and accessible, *Why We Sleep* is a crucial and illuminating book.

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