Mindfulness books that matter and have real impact are listed here. You'll find the most powerful books on mindfulness reviewed and briefly summarised here. By harnessing the power of mindfulness when you eat, you can lead a healthier and more mindful life. The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life by Lynn Rossy (2016). The book helps readers be more mindful while eating by helping them figure out how to better understand their bodies and understand the reasons why they eat. If you often find yourself eating food just because you're bored, or for any other reasons besides hunger, this book will give you the strategies you need to stop. Part three explores four powerful applications of mindfulness and Part four considers the challenges of living mindfully including managing stress and work. To help you develop your mindfulness practice, each chapter provides practical takeaways and guided audio files. Read full description. See details and exclusions. - The Mindfulness Book: 50 Ways to Lead a More Mindful Life 9781910649633. - The Mindfulness Book: Practical Ways to Lead a More Mindful Life, Hardcover by Martyn Newman 3 - The mindfulness book: 50 ways to lead a more mindful life by Martyn Newman. £9.62. Free postage. - The mindfulness book: 50 ways to lead a more mindful life by Martyn Newman. £4.23. The Mindfulness Book returns to the original core ideas behind the practice of mindfulness and provides a concise practical interpretation in the light of contemporary psychology's best insights about how it works and how to practice it. Part one lays the foundation by describing the essential building blocks of mindfulness: what it is, how it works and, most importantly, what it delivers. Part two explores the relationship of mindfulness to cognitive psychology and in particular examines practical psychological strategies for using mindfulness to develop greater self-awareness and consci.