

# Resources – ME Bookstore



## ME Bookstore



Click to download a PDF of our curated Resources  
This selected list of resources is the result of over a decade  
of providing mindfulness programs in educational and community

settings. It reflects the content of our own personal library and offers a diversity of approaches – there is no one size fits all in mindfulness.

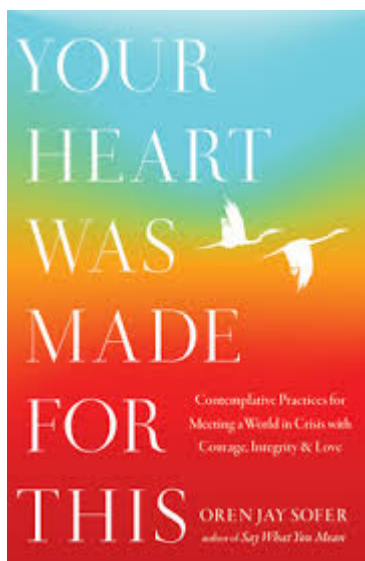
We encourage those on the journey to investigate for themselves what resonates, and what resources they can use with confidence and authenticity.

~ Heidi Bornstein and Stephen Chadwick, founders, Mindfulness Everyday.

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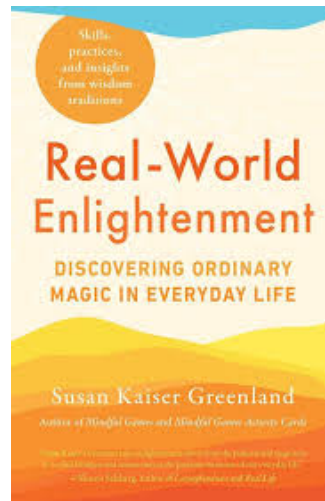
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## Heidi's Picks

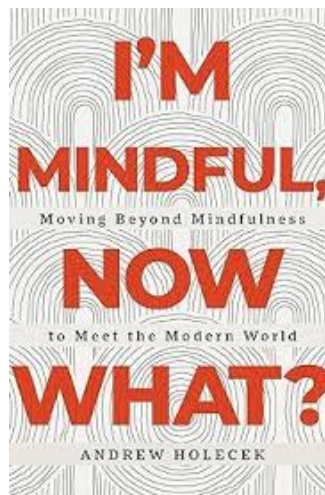


Your Heart Was Made for This: Contemplative Practices for

Meeting a World in Crisis with Courage, Integrity, and Love by Oren Jay Sofer

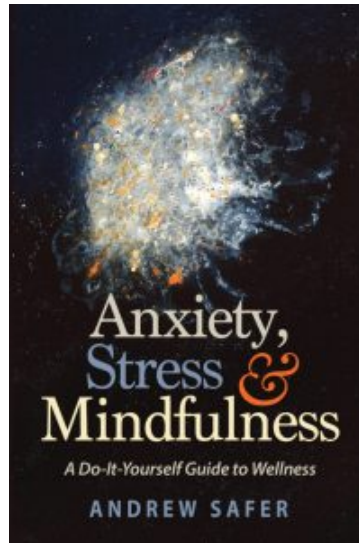


Real-World  
Enlightenment:  
Discovering  
Ordinary Magic  
in Everyday Life  
by Susan Kaiser  
Greenland



I'm Mindful, Now  
What?: Moving  
Beyond  
Mindfulness to  
Meet the Modern  
World by Andrew

Holecek



Anxiety, Stress &  
Mindfulness: A Do-  
It-Yourself Guide  
to Wellness  
Paperback  
by Andrew Safer