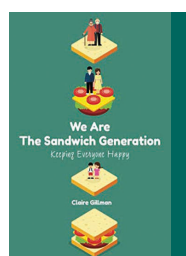


who teach mindfulness, but it has value for anyone working in a healing dialogue. The book outlines how to hold a safe space for clients to share their thoughts as well as how to deal with healing crises. It allows both teacher and client to understand how compassionate inquiry can lead to a more mindful experience of life. Highly recommended for every practitioner interested in using this aspect of healing.

WE ARE THE SANDWICH GENERATION
By Claire Gillman

In the West we are living longer and that's proving a huge challenge for our health and for our care in later years. This book



is about the generation most affected by this – the 'Sandwich Generation' who are taking care of elderly parents while also, often, taking care of their own children – sometimes even as young adults. While many may feel overwhelmed in this scenario, this important book reminds us that this is also a huge opportunity to connect deeply with our parents and our children. Multi-generational compassion is shown here, with examples and ideas of how to cope when you are caring up and down. A complete lifesaver for anyone in this situation.

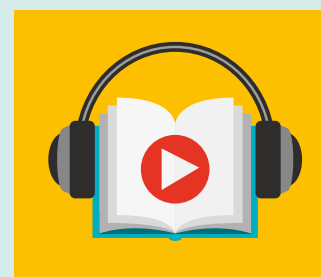
HAPPY STARTS AT HOME
By Rebecca West

This lushly illustrated book might trick you into thinking it is just an interiors book, but it is actually a really important work on how to make your home welcoming and comforting to you. Each exercise draws from you the information you need to begin really changing your home to the point where it becomes the supporting, happy, comfortable place you want it to be. Given that home is our haven from the world, we often forget that our physical, emotional and even spiritual life is intimately bound up in the rooms we call our own. Discover how to take a clear-eyed look around your home and make the steps you need to ensure it is the best representation of your highest hopes and desires. A wonderfully inspirational read.



AUDIOBOOK RECOMMENDATIONS

These aren't new books, but the audiobooks give them a new dimension that makes it worth a listen, even if you've already read the print book.



* ***You are a Badass at Making Money* by Jen Sincero**

Jen Sincero has such a pleasant way about her; she narrates this and her voice manages to convey what many other authors wish they could – humour, empathy and inspiration. She cajoles, berates and laughs her way through material that will make you stop hating money and allow abundance into your life. The material makes good use of Law of Attraction principles.

* ***Own your Energy* by Alla Svirinskaya**

Phenomenal Russian healer Alla Svirinskaya knows about energy and how it connects within your body and throughout the universe. Annoyingly this isn't narrated by her but by an actress whose voice could be more relaxing when reading out the meditations and visualizations that Alla suggests. However, the content is so good that you become used to her voice in order to get the good stuff in this book.

* ***Morning* by Allan Jenkins**

Allan Jenkins narrates his ode to this most special time of the day. He captures the quality of silence you get just before the dawn and I did wonder if he did some field recordings to put in behind his narration as it does have a background of that indescribable hush you get when you're up and everyone is sleeping. Truly remarkable book that will make larks of you all.

* ***Zen to Done* by Leo Babauta**

Many of you will already be fans of Leo Babauta – he of zenhabits.com fame – but this audiobook is a great way to learn his Zen to Done or ZTD philosophy to forming great new habits and getting fully organised. Put his suggestions into practice and you will find yourself absolutely crushing it in every area of life. Not narrated by the author but the American accent makes you feel like the narrator is close to the author's voice.

* ***That Sense of Wonder* by Francesco Dimitri**

Not narrated by the author Francesco Dimitri, but the material is so interesting that this doesn't jar too much. Dimitri looks at why and how we lose our sense of wonder as we grow older. He suggests that fear has a part to play in wonder – why kids are so obsessed with horror and ghosts – which I'm not sure is the same thing, but nevertheless there is much here to make you want to go and rediscover your childhood sense of wonder. ●



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