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Dr Danny Penman is a qualified

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1. *Mindfulness for Beginners*, Jon Kabat-Zinn (perfect if you don't know where to start)
 2. *The Power of Now: A Guide to Spiritual Enlightenment*, Eckhart Tolle
 3. *10% Happier*, Dan Harris
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 5. *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*, Danny Penman