

- **LIBRI MINDFULNESS E MEDITAZIONE + TECNICI**

- **VIVERE MOMENTO PER MOMENTO – KABAT ZINN**

https://www.amazon.it/Vivere-momento-Jon-Kabat-Zinn/dp/8867008986/ref=asc_df_8867008986/?tag=googshopit-21&hvpos=&hvpone=&hvptwo=&hvqmt=&hvdvcmidl=&hvlocint=&mcid=35ada402fd473aedb1152843eb1f2e3f&tag=googshopit-21&hvpos=&hvpone=&hvptwo=&hvqmt=&hvdvcmidl=&hvlocint=&hvocijid=18075561298079292734-8867008986-&hvexpln=0

- **DOVUNQUE TU VADA CI SEI Già- KABAT ZINN**

https://www.amazon.it/Dovunque-vada-gi%C3%A0-guida-meditazione/dp/8850263325/ref=pd_bxgy_thbs_d_sccl_2/260-9739081-9619946

- **IL MIRACOLO DELLA PRESENZA MENTALE – THICH NHAT HANH**

https://www.amazon.it/miracolo-presenza-mentale-manuale-meditazione/dp/8834010485/ref=pd_sbs_d_sccl_2_4/260-9739081-9619946?pd_rd_w=zBrFC&content-id=amzn1.sym.8ff8556e-b76e-4d65-b493-242c596c0fa9&pf_rd_p=8ff8556e-b76e-4d65-b493-242c596c0fa9&pf_rd_r=SMD1SJNQWXNC75K555M5&pd_rd_wg=a3tFs&pd_rd_r=1259e0-ee27-4faf-bdf6-8ade271e263e&pd_rd_i=8834010485&psc=1

- **IL DONO DEL SILENZIO – THICH NHAT HANH**

https://www.amazon.it/dono-silenzio-Thich-Nhat-Hanh/dp/8811689074/ref=pd_bxgy_thbs_d_sccl_1/260-9739081-9619946?pd_rd_w=8WiKh&content-id=amzn1.sym.bebcaae8-85b9-4944-951b-8428874a124f&pf_rd_p=bebc8ae8-85b9-4944-951b-8428874a124f&pf_rd_r=BARXH1JDKR4M0R2KTKGN&pd_rd_wg=3C0I4&pd_rd_r=72bf52eb-76b6-45a3-b7cd-51a2c87b3f02&pd_rd_i=8811689074&psc=1

- **IL SILENZIO è COSA VIVA – CANDIANI**

https://www.amazon.it/silenzio-viva-Larte-della-meditazione/dp/8806237608/ref=pd_sbs_d_sccl_2_14/260-9739081-9619946?pd_rd_w=Vpl2h&content-id=amzn1.sym.8ff8556e-b76e-4d65-b493-242c596c0fa9&pf_rd_p=8ff8556e-b76e-4d65-b493-242c596c0fa9&pf_rd_r=0YJSQ5JJ5VWMRVNH2D91&pd_rd_wg=jmMvd&pd_rd_r=20a7a6db-478f-495c-a818-0da5b889a267&pd_rd_i=8806237608&psc=1

- **DOVE VAI COSÌ DI FRETTA? LAMA MICHEL**

https://www.amazon.it/Dove-fretta-Buddhismo-nella-quotidiana/dp/8830138754/ref=sr_1_1?_mk_it_IT=%C3%85M%C3%85C5%BD%C3%95%C3%91&crd=2059F8E1YIWSQ&dib=eyJ2IjoiMSJ9.5acl9vaTzTFmp8mXJRbf-V6wu1Lb3S1al6Msy1j_cy7GjHj071QN20LucGBJIEps.LkCWSrB8PvWIKwBOvyLzQnciNgh45a6

[JL5a5fvzhWdk&dib_tag=se&keywords=DOVE+VAI+COS%C3%AC+DI+FRETТА&qid=1753097432&s=books&sprefix=dove+vai+cos%C3%AC+di+fretta%2Cstripbooks%2C97&sr=1-1](#)

- L'ARTE DELLA LENTEZZA- aiache**
https://www.lafeltrinelli.it/arte-della-lentezza-trovare-tempo-libro-veronique-aiache/e/9788809884229?gad_source=1&gad_campaignid=17182894279&gclid=Cj0KCQjwvyvDBhDYARIsAltzbZHBC5IiRNU8z0jV1si0u9PIY7ZqzqD1_6ELUWFZbmO3FeWQj08XjH0aAn8FEALw_wcB
- **ROMANZI DI VIAGGI INTERIORI e Meditativi a volte:**
 - **PROFONDO COME IL MARE LEGGERO COME IL CIELO-** Gianluca Gotto
https://www.lafeltrinelli.it/profondo-come-mare-leggero-come-ebook-gianluca-gotto/e/9788835724155?gad_source=1&gad_campaignid=601248940&gclid=Cj0KCQjwvyvDBhDYARIsAltzbZFHxS43P9CSxzBsQmSNp1CEQDgsfksMAiW12MFtYZNzKr2pjWftFs4aAsFW EALw_wcB
 - **SUCCEDE SEMPRE QUALCOSA DI MERAVIGLIOSO – GIANLUCA GOTTO**
<https://www.lafeltrinelli.it/succede-sempre-qualcosa-di-meraviglioso-libro-gianluca-gotto/e/9788804729044>
 - **IL MONACO CHE VENDETTE LA SUA FERRARI – Sharma**
https://www.lafeltrinelli.it/monaco-che-vendette-sua-ferrari-libro-robin-s-sharma/e/9788850267750?gad_source=1&gad_campaignid=10393033608&gclid=Cj0KCQjwyvDBhDYARIsAltzbZHTdQ9uDLbZpQCplpK62fYmBr-QrExVGQMuAwtxDqVZX4R-kG7J-MEaAmj-EALw_wcB
 - **IL MONACO CHE AMAVA I GATTI – DEBIASI**
https://www.lafeltrinelli.it/monaco-che-amava-gatti-sette-ebook-corrado-debiasi/e/9788892740280?gad_source=1&gad_campaignid=601248940&gclid=Cj0KCQjwyvDBhDYARIsAltzbZEABZCRp53jMsZAfI6E47HG6XZgwDGeslpLnICIRZQCIWKOG7GsTD4aAmA JEALw_wcB
 - **II MONACO CHE NON VOLEVA AVERE RAGIONE**
https://www.lafeltrinelli.it/monaco-che-non-voleva-avere-libro-bjorn-natthiko-lindeblad/e/9788855055499?gad_source=1&gad_campaignid=17182894279&gclid=Cj0KCQjwyvDBhDYARIsAltzbZGYRON7YR5oelHcN9OUgOucf Ry xEtKKexPHrntV BkKfzDRPq9mU aAscREALw_wcB
 - **108 RINTOCCHI- KEIKO**

https://www.amazon.it/108-rintocchi-Yoshimura-Keiko/dp/8856694190/ref=asc_df_8856694190?mcid=4a1d34b4d4843c7393e3abf4bf657e3&tag=googshopit-21&linkCode=df0&hvadid=700869222691&hvpos=&hvnetw=g&hvrnd=9512678124788651300&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1008452&hvtargid=pla-2267163433341&psc=1&hvocijid=9512678124788651300-8856694190-&hvexpln=0

- **IL VILLAGGIO DEI MONACI SENZA TEMPO- DEBIASI**

https://www.amazon.it/villaggio-monaci-tempo-cinque-consapevolezze/dp/882007365X/ref=asc_df_882007365X?mcid=da2a47fb32793215a1bfbe2ee16bdaf2&tag=googshopit-21&linkCode=df0&hvadid=700864649992&hvpos=&hvnetw=g&hvrnd=6445357932996971009&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1008452&hvtargid=pla-1677187984789&psc=1&hvocijid=6445357932996971009-882007365X-&hvexpln=0

- **Un GATTO PER I GIORNI DIFFICILI – ISHIDA SYOU**

https://www.lafeltrinelli.it/gatto-per-giorni-difficili-libro-syou-ishida/e/9788817187466?utm_source=kelkoo.it&utm_medium=cpc&utm_campaign=comparatorehttps://www.ibs.it/sistema-endocannabinoide-chiave-della-vita-audiolibro-pharmacology-university/e/1230005718368?utm_source=kelkoo.it&utm_source_platform=KelkooGroup&from=kelkoo&utm_campaign=comparatorehttps%3A%2F%2Fwww.ibs.it%2Fsistema-endocannabinoide-chiave-della-vita-audiolibro-pharmacology-university%2Fe%2F1230005718368&utm_medium=cpc&utm_source=kelkoo.it&utm_source_platform=KelkooGroup&kgclid=Cj0KCQjwyvfDBhDYARIsAltzbZFAdq47lhOSvtdMLSU2zRVkH1IbGoG1HSwABRIZBB8gh3X9j-dv00aAgsWEALw_wcB&gad_source=1

- **Gli UNDICI SEMI DELLA FELICITA' – MAZZOLI**

https://www.amazon.it/Gli-11-semi-della-felicit%C3%A0/dp/8804792051/ref=asc_df_8804792051?mcid=50836789d81e3e9d96e3c1d0a0dd5cdc&tag=googshopit-21&linkCode=df0&hvadid=711075405513&hvpos=&hvnetw=g&hvrnd=14917773026711510465&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1008452&hvtargid=pla-2394983590553&psc=1&hvocijid=14917773026711510465-8804792051-&hvexpln=0

• **SIMIL COACHING:**

- **ATOMIC HABITS** https://www.amazon.it/Atomic-habits-Piccole-abitudini-cambiamenti/dp/B0C7FQW26M/ref=pd_sbs_d_sccl_2_3/260-9739081-9619946?pd_rd_w=YUoli&content-id=amzn1.sym.8ff8556e-b76e-4d65-b493-242c596c0fa9&pf_rd_p=8ff8556e-b76e-4d65-b493-

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- **101 RIFLESSIONI CHE CAMBIANO IL MODO DI PENSARE**

https://www.amazon.it/101-riflessioni-cambiano-modo-pensare/dp/8845407896/ref=pd_sbs_d_sccl_2_13/260-9739081-9619946?pd_rd_w=1awKX&content-id=amzn1.sym.8ff8556e-b76e-4d65-b493-242c596c0fa9&pf_rd_p=8ff8556e-b76e-4d65-b493-242c596c0fa9&pf_rd_r=K6FW7ZGKMF7NJ1SGKHGJ&pd_rd_wg=N17TS&pd_rd_r=ceebe14f-578e-4d0c-9800-decc4703cc56&pd_rd_i=8845407896&psc=1

- **IKIGAI** https://www.amazon.it/ikigai-metodo-giapponese-Trovare-essere/dp/8809914872/ref=sr_1_8_sspa?mk_it_IT=%C3%85M%C3%85%C5%BD%C3%95%C3%91&crd=MARLLGTM7B5L&dib=eyJ2IjojMSJ9.8v3e610C2oqBxQP_Cn9vUyd6gxRb93cLRVjle9njiJwl8LySeEvjyMjECdo2iSrB14Js7tCyU1wmYd-Y_JluYpsoi2WfhxtFdDr6a959NLUoAbQqwoudl5rzt2LrIUyIS4QA1if7MhZS9GRI--fiK6NafJrqxLI7cwm-aNAzG_uKfcfrmrBJ9KvMsA7ggBdeQjzOf8DCS76U_ulhjolCf0snXW0YWsyuLbXSSD2T3w.-mOvcjv2MOUy4_CLIDA-anoUEQL65aDWLfCKFS4f-A&dib_tag=se&keywords=IKIGAI&qid=1753097676&s=books&sprefix=ikigai%2Cstripbook%2C110&sr=1-8-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9tdGY&psc=1

- **IL CLUB DELLE 5 DEL MATTINO- SHARMA** https://www.amazon.it/mattino-Inizia-presto-giornata-svolta/dp/8850259395/ref=asc_df_8850259395?mcid=b70cde446d5c3c87817e9c06b23647e8&tag=googshopit-21&linkCode=df0&hvadid=700814440219&hvpos=&hvnetw=g&hvrand=17711880926393871903&hvpone=&hvptwo=&hvmqmt=&hvdev=c&hvdvcmld=&hvlocint=&hvlocphy=1008452&hvtargid=pla-1108284558142&psc=1&hvocij=17711880926393871903-8850259395-&hvexpln=0

- **PENSA COME UN MONACO-** shetty https://www.amazon.it/Pensa-come-monaco-tranquillit%C3%A0-preparare/dp/B08NTSMCK6/ref=sr_1_1?mk_it_IT=%C3%85M%C3%85%C5%BD%C3%95%C3%91&crd=28E0T2J4TJGDY&dib=eyJ2IjojMSJ9.WqiTw5YLrJCZWcN9WWAmGvN123laN_HLnRLOVp-hGnpUuy0-ffiSL2p9D--eDDZO_m3Y-joWtOAHiU9XfQQhqExOFU31C-LFhnQfpFZYzJ30ZsD54FFXEpz07d7XfmhTRAa-SiSTGK6XVkd67IACFG0TvPvbnY98C2hRGvJmfHSGLGW2uhf0QWAoOaWfx0hHf_bmCVmUqPskgpuU_r-5RKWZ42vJDmaPFTa75IXYic.tNeVZmn3tWxhX4tFE90P-TVqnTBulfMPJzJMjSJkHeU&dib_tag=se&keywords=PENSA+COME+UN+MONACO&qid=1753097852&s=books&sprefix=pensa+come+un+monaco%2Cstripbooks%2C96&sr=1-1

- **CHI HA SPOSTATO IL MIO FORMAGGIO?** <https://www.amazon.it/spostato-formaggio-Cambiare-stessi->

azienda/dp/8820030977/ref=asc_df_8820030977?mcid=a0f5ebbf2c6a3407b8441b003266c17d&tag=googshopit-21&linkCode=df0&hvadid=700973231942&hvpos=&hvnetw=g&hvrnd=10268325508103913442&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmcl=&hvlocint=&hvlocphy=1008452&hvtargid=pla-417335660618&psc=1&hvocijid=10268325508103913442-8820030977-&hvexpln=0