

REQUIRED READING:

The Spiritual Science of Kriya Yoga
by Goswami Kriyananda

The Beginner's Guide to Meditation
by Goswami Kriyananda

Mindfulness for Beginners
by Jon Kabat-Zinn

When Things Fall Apart
by Pema Chodron

AUTOBIOGRAPHIES - CHOOSE ONE:

10% Happier
by Dan Harris

Autobiography of a Yogi (original reprint, blue cover)
by Paramhansa Yogananda

The Surrender Experiment
by Michael Singer

At Home in the World
by Thich Nhat Hanh