
Best meditation books for beginners. Title: Meditation made easy. Author: Lorin Roche. Perfect for: people seeking a simple, practical read with a sense of humor and lightheartedness. Synopsis: Roche provides an extremely accessible and user-friendly guide to meditation, showcasing how meditation can be both simple and pleasurable. This book takes us through his personal journey of learning how to tame the voice in his head, along with discoveries and striking facts about mindfulness meditation along the way. If you’re not convinced of the benefits of meditation or mindfulness, this is the book for you. Don’t expect how-tos and guides, but rather an introduction to the world of mindfulness meditation through an entertaining, first-person narrative. This book is interesting because it’s good for beginners (although some of it will go over your head), however, it also has an infinite amount of little wisdom for experienced practitioners alike (hence my reading it thirty times.) As this is one of my favorite books ever (meditation or not), I’d highly recommend it to everyone. You can get Zen Mind, Beginner’s Mind here. 3. The Miracle of Mindfulness by Thich Nhat Hanh. I do have to offer a bit of advice, however: don’t start with it. You think that a book with the phrase “in plain English” would be a great beginner’s book, but actually, it can be a bit complicated to understand at times if you’re new to meditation practice. Despite this, it serves as one of the best books out there on meditation and a personal favorite. A Meditation Journey for Beginners book. Read reviews from world’s largest community for readers. Meditation is a technique and a journey. This is a step-by-step, seven-week program and workbook. You are about to begin a journey you are destined to succeed at. It is your true adventure-the adventure of you! Throughout this adventure, you will discover and rediscover what you have always known: your own truth. It starts with your very own meditation journey. Enjoy it. Get A Copy.