

Our favourite good reads to help us take care of our minds

As a team, we cherish books. They feed our minds, help us learn and discover other worlds and experiences, inspire us and also help us to escape and relax. The same is true for the hundreds of artists, creative freelancers and entrepreneurs who form part of our community of the curious, creative and generous.

So we've put together a list of the books we turn to the most, and that between them cover a wide range of things that can help us all take care of our minds (and our businesses).

We'd love to know the books you would recommend, to add to our list. Join our conversation on Twitter [@tweetsatthehub](#) and on our Instagram [@the_hub_balance](#) (be sure to tag us so we can add you to our Story) and share which books have given you more balance in your life.



How To Be An Explorer Of The World: Portable Life Museum – Keri Smith

This guided journal encourages you to explore your world as both an artist and a scientist. To document and observe the world around you as if you've never seen it before. Collect things you find on your travels.

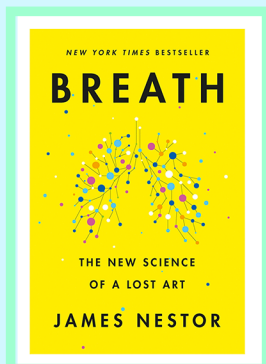


Record what you are drawn to. Beautifully hand-illustrated, this book prompts thoughts and ideas that will have you looking at the world afresh.

Busy: How to Thrive in A World of Too Much – Tony Crabbe

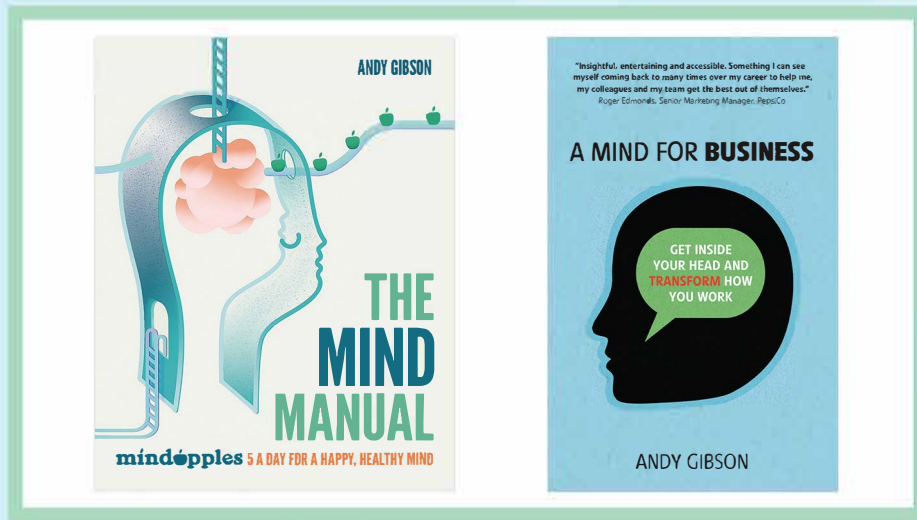
This could be said to be a bit of a game-changer in hub towers. Tony Crabbe (psychologist & author) debunks the myth surrounding 'too much'... too much work, information, competition etc. He analyses the perception (belief?) in the West that 'satisfaction' is achieved when you can tick everything off your 'to-do' list, but posits that this never leaves you feeling fulfilled, and more often creates an ongoing sense of failure. If you feel like you are constantly spinning plates and to-do lists, give this book a go.

Breath: The New Science of a Lost Art – James Nestor



James Nestor explores the one thing we all have in common – breathing. Travelling the world to discover the hidden science behind ancient breathing practices, he draws on thousands of years of wisdom and recent cutting-edge studies in pulmonology, psychology, biochemistry and human physiology, showing how essential to our health and wellbeing breathing is. Guaranteed to make you feel more zen!

The Mind Manual – Andy Gibson



Andy Gibson, head gardener at Mindapples has penned this gorgeous and practical guide that covers looking after your mind. Featuring a blend of insights from psychology filtered through the wisdom of Mindapples' global

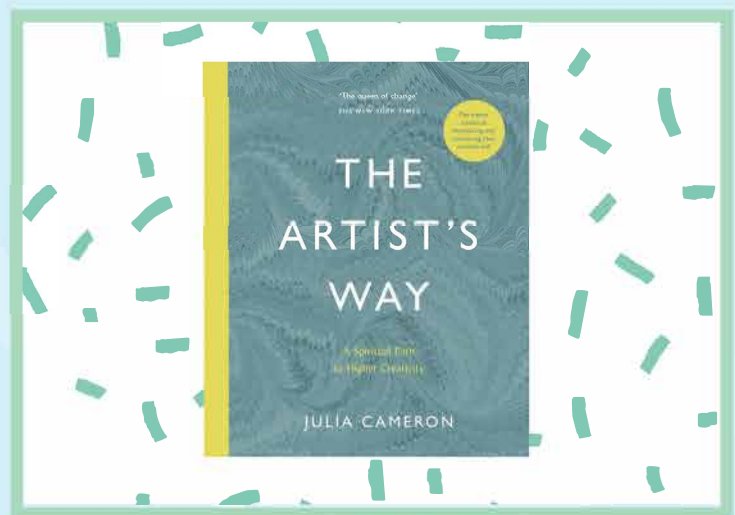
community, it's packed with tips for understanding your mind, covering topics how to be yourself, how to have a healthy mind, how to be productive and how to be kind. It is brilliant and will definitely give you a boost.

Andy's other book: **A Mind for Business**, is another fantastic read, which shares insights from psychology and neuroscience divulging how you can be more effective, more resourceful and develop the sharpest of business brains.

The Artist's Way – Julia Cameron

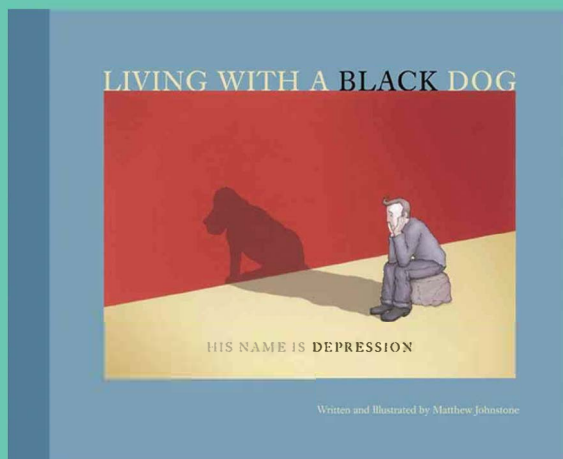
This incredible book has been recommended numerous times in several Balance sessions, and it is definitely a powerful read. For those on a creative journey, this book is a foundation to find a deeper connection to process and purpose. Julia Cameron guides you in uncovering problems areas and pressure points that may be

restricting your creative flow, and offers techniques to free up any areas where you might be stuck, opening up opportunities for self-growth & self-discovery. We couldn't recommend this one more highly!



Living with a Black Dog: His Name Is Depression **– Matthew Johnstone**

This is Matthew Johnstone's incredibly moving and uplifting insight into what it is like to have a Black Dog (aka depression) as a companion, and how he learned to tame it. He followed it up with a second book, **I Had A Black Dog** which is equally informative and beautifully illustrated. If you've ever had a black dog yourself, or know someone who has, do give these a look. They are so useful, and also really lovely to look at.



Hope you enjoy these! And don't forget to let us know the books you recommend. Join our conversation on Twitter [@tweetsatthehub](#) and on our Instagram [@the_hub_balance](#) (be sure to tag us so we can add you to our Story).