Meditation and mindfulness are ancient traditions rooted in Eastern spirituality. And today, people around the world are curious to learn more about these practices. Especially in Western societies, people are craving peace and groundedness amidst fast-paced lives and busy schedules. Ready to get started on your own mindfulness journey? These books are perfect for beginners! We encourage readers to seek out resources about the ancient Eastern traditions of mindfulness and meditation to cultivate respect for the practices. While they have been modified for today’s society, it’s important to remember that these practices have been with us for centuries.

Some of us struggled more than others. If this describes you, then here are some of the best guides to meditation for beginners.

1. How to Meditate: A Practical Guide to Making Friends With Your Mind – Pema Chödrön. If you are having a difficult time getting your practice started, then this is a great book to set you on the right path. It’s written with a sense of humor and warmth, and it’s easy to read.

2. Meditation for Beginners – Jack Kornfield. Kornfield practices vipassana (insight) meditation. In this book, he teaches you step-by-step how to begin your practice. The best meditation books should be welcoming to a beginner and help more advanced meditators deepen their practice. We rounded up the top ones so you can pick what works for you.

Not only does “Meditation for Beginners” walk you through the history and benefits of meditation, but the book also teaches readers about multiple forms, from guided to prayer meditation. Most importantly, readers put down the book with a clear understanding of how to prepare for and practice meditation daily. “Meditation for Fidgety Skeptics”. Buy on Amazon Buy on Walmart.

Convinced that meditation is too good to be true? Then Dan Harris’ book is for you. “You Are Here: Meditation for a Restless World” by Dan Harris. This book is a great introduction to mindfulness meditation and how it can benefit your daily life.

Zen Meditation Books.


12. Shift Into Freedom, by Loch Kelly. This is an unusual book, written in a idiosyncratic language. Loch Kelly takes the nondual teachings of Mahamudra and translates them into simple, often strange-sounding language. The payoff is that the techniques allow even beginners access to some of the more esoteric states and understandings of nondual awareness. Totally worth checking out.

13. Effortless Mindfulness, by Loch Kelly. Reading this book is a practice of meditation and mindfulness. Simply reading a few pages can help you get your head in the right place to think clearly about your beautiful life. Rather than focusing on all the things that aren’t going well, this book helps you feel compassion for yourself and others.