

## Mindfulness Titles

| Fund Name | Title                                                                                                                                                                                  | Transaction Amount |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| Mindful   | Altered traits : science reveals how meditation changes your mind, brain, and body /                                                                                                   | 11.22              |
| Mindful   | Aware : the science and practice of Presence, the groundbreaking meditation practice /                                                                                                 | 21.85              |
| Mindful   | Buddha U : 108 mindful lessons for surviving test stress, freshman 15, friend drama, insane roommates, awkward dates, late nights, morning lectures ... and other college challenges / | 8.60               |
| Mindful   | Buddha's brain : the practical neuroscience of happiness, love & wisdom /                                                                                                              | 12.00              |
| Mindful   | Don't just do something, sit there : a mindfulness retreat /                                                                                                                           | 7.40               |
| Mindful   | Finding the space to lead : a practical guide to mindful leadership /                                                                                                                  | 11.03              |
| Mindful   | Focusing /                                                                                                                                                                             | 7.59               |
| Mindful   | Happiness is an inside job : practicing for a joyful life /                                                                                                                            | 13.19              |
| Mindful   | Here for now : living well with cancer through mindfulness /                                                                                                                           | 16.95              |
| Mindful   | How to break up with your phone /                                                                                                                                                      | 5.75               |
| Mindful   | How to meditate : a practical guide /                                                                                                                                                  | 10.19              |
| Mindful   | How to train a wild elephant and other adventures in mindfulness /                                                                                                                     | 8.03               |
| Mindful   | How to walk /                                                                                                                                                                          | 33.38              |
| Mindful   | It's easier than you think : the Buddhist way to happiness /                                                                                                                           | 9.98               |
| Mindful   | Leaves falling gently : living fully with serious & life-limiting illness through mindfulness, compassion, & connectedness /                                                           | 16.16              |
| Mindful   | Less : accomplishing more by doing less /                                                                                                                                              | 14.42              |
| Mindful   | Living with your heart wide open : how mindfulness & compassion can free you from unworthiness, inadequacy & shame /                                                                   | 15.28              |
| Mindful   | Loving what is : four questions that can change your life /                                                                                                                            | 13.01              |
| Mindful   | Meditation for fidgety skeptics : a 10% happier how-to book /                                                                                                                          | 12.37              |
| Mindful   | Meditation is not what you think : mindfulness and why it is so important /                                                                                                            | 8.72               |
| Mindful   | Mindful birthing : training the mind, body, and heart for childbirth and beyond /                                                                                                      | 17.89              |
| Mindful   | Mindfulness : a practical guide to awakening /                                                                                                                                         | 11.90              |
| Mindful   | Mindfulness : diverse perspectives on its meaning, origins and applications /                                                                                                          | 49.95              |
| Mindful   | Mindfulness for beginners : reclaiming the present moment--and your life /                                                                                                             | 11.69              |
| Mindful   | Mindsight : the new science of personal transformation /                                                                                                                               | 19.68              |
| Mindful   | No mud, no lotus : the art of transforming suffering /                                                                                                                                 | 11.63              |
| Mindful   | No time like the present : finding freedom, love, and joy right where you are /                                                                                                        | 15.60              |
| Mindful   | Nonviolent communication : a language of life /                                                                                                                                        | 11.33              |
| Mindful   | Real love : the art of mindful connection /                                                                                                                                            | 16.10              |
| Mindful   | Say what you mean : a mindful approach to nonviolent communication /                                                                                                                   | 11.25              |

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|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| Mindful            | Search inside yourself : the unexpected path to achieving success, happiness (and world peace) /                                                                                 | 7.11               |
| Mindful            | Sit like a Buddha : a pocket guide to meditation /                                                                                                                               | 10.76              |
| Mindful            | Start here now : an open-hearted guide to the path and practice of meditation /                                                                                                  | 11.63              |
| Mindful            | Talk to yourself like a Buddhist : five mindful practices to silence negative self-talk /                                                                                        | 12.42              |
| Mindful            | The Buddha walks into a bar-- : a guide to life for a new generation /                                                                                                           | 11.67              |
| Mindful            | The art of communicating /                                                                                                                                                       | 9.45               |
| Mindful            | The craving mind : from cigarettes to smartphones to love--why we get hooked and how we can break bad habits /                                                                   | 10.18              |
| Mindful            | The headspace guide to meditation and mindfulness : how mindfulness can change your life in ten minutes a day /                                                                  | 9.23               |
| Mindful            | The heart aroused : poetry and the preservation of the soul in corporate America /                                                                                               | 10.55              |
| Mindful            | The heart of the Buddha's teaching : transforming suffering into peace, joy & liberation : the four noble truths, the noble eightfold path, and other basic Buddhist teachings / | 12.31              |
| Mindful            | The here-and-now habit : how mindfulness can help you break unhealthy habits once and for all /                                                                                  | 10.46              |
| Mindful            | The mind of the leader : how to lead yourself, your people, and your organization for extraordinary results /                                                                    | 19.34              |
| Mindful            | The power of now : a guide to spiritual enlightenment /                                                                                                                          | 11.99              |
| Mindful            | The science of enlightenment : how meditation works /                                                                                                                            | 13.44              |
| Mindful            | Trauma-sensitive mindfulness : practices for safe and transformative healing /                                                                                                   | 20.93              |
| Mindful            | Unplugged : how to live mindfully in a digital world /                                                                                                                           | 9.49               |
| Mindful            | What now? : meditation for your twenties and beyond /                                                                                                                            | 10.84              |
| Mindful            | Work, sex, money : real life on the path of mindfulness /                                                                                                                        | 14.71              |
| Mindful            | You are here : discovering the magic of the present moment /                                                                                                                     | 11.63              |
| Mindful            | Your body knows the answer : using your felt sense to solve problems, effect change, and liberate creativity /                                                                   | 13.77              |
| <b>Grand Total</b> |                                                                                                                                                                                  | <b>676.05</b>      |