

Recommended Reading:

'Breath by Breath' by Larry Rosenberg – This book gives an excellent, thorough introduction to Anapanasati. If you intend to take up the practice I would recommend reading this book

Who is My Self? by Ayya Khema – This book, while not specifically on Anapanasati meditation, is a wonderful exploration of the vipashyana (insight) aspect of mindfulness meditation. Its teachings are easily related to the Anapanasati practice.

Books that serve as more technical resources:

'Mindfulness with Breathing' by Bhikkhu Buddhadasa

'Satipatthana' by Analayo