

Mindfulness and Relaxation Resources

Mindfulness Websites

UCLA has an entire library of Mindfulness-Based Stress Reduction (MBSR) related audio files that can be downloaded for free: <http://marc.ucla.edu/mindful-meditations>

www.palousemindfulness.com is a free online MBSR program for the public

www.mindful.org has a wealth of information and articles about mindfulness and the science behind it

Mindfulness Books

Jon Kabat-Zinn:	Wherever You Go, There You Are Full Catastrophe Living
Thich Naht Han:	The Miracle of Mindfulness
Michael Singer:	The Untethered Soul
Jeff Brantley:	Any of the “Five Minute Mindfulness” books
Rick Hanson:	Buddha’s Brain
Tara Brach:	Radical Acceptance

Mindfulness TED Talks (www.ted.com)

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes

https://www.ted.com/talks/amishi_jha_how_to_tame_your_wandering_mind

https://www.ted.com/talks/matt_killingsworth_want_to_be_happier_stay_in_the_moment

https://www.ted.com/talks/matthieu_ricard_the_habits_of_happiness

Mindfulness Podcasts

10% Happier with Dan Harris

Mindfulness+

The Mindful Minute

Untangle

Apps for Mindfulness and Relaxation

Calm

Headspace

Insight Timer (free!)

Ten Percent Happier

Stop, Breath, Think

Health Journeys

Breath2Relax