



Here are some of my favorite resources on mindfulness. This list is not even close to exhaustive, but these will give you a good place to start. Some of the following resources are not technically on mindfulness, but they're in the spirit of mindfulness and that counts in my book. Enjoy! ☺

Websites/Apps

[Headspace](#) (website and app)

[Insight Timer \(app\)](#)

[Soundstrue.com](#)

[UC Berkeley Greater Good Science Center](#)

[University of Massachusetts Medical School Center for Mindfulness](#)

Podcasts (These are ones I've listen too, but there are so many out there!)

[Mindful Expat w/ Dana Nelson PhD](#)

[Tara Brach podcast](#)

Mindfulness/Meditation Teachers to trust:

[Tara Brach](#)

Jon Kabat-Zinn (Google him for more info)

[Jonathan Froust](#)

[Jack Kornfield](#)

[Sharon Salzberg](#)

[Pema Chodron](#)

Books

[Making a World of Difference: Personal Leadership a Methodology of Two Principles and Six Practices](#)- Schaetti, Ramsey and Watanabe

[Wherever You Go There You Are](#) and [Full Catastrophe Living](#) – both by Jon Kabat-Zinn

[10% Happier](#) – Dan Harris (This is a great, easy to read book for people who find themselves somewhat skeptical about how to go about living more mindfully.)

[The Happiness Project](#) – Gretchen Rubin (not specifically mindfulness, but still a good resource)

[Self-Compassion: The Proven Power of Being Kind to Yourself](#) – Kristin Neff, PhD