



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. Be sure to visit the [Mindfulness Training](#) section of my website for additional resources.

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](#)

Other Resources

[Tara Brach podcast](#)

[The Insight Meditation Community of Washington](#)

[10% Happier Podcast](#)

Mindfulness/Meditation Teachers

[Tara Brach](#)

[Jack Kornfield](#)

[Jon Kabat-Zinn](#)

[Sharon Salzberg](#)

[Jonathan Froust](#)

[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, MD

[10% Happier](#) – Dan Harris

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

[Mindful of Race](#) – Ruth King

[The Inner Work of Racial Justice](#) – Rhonda V. Magee

[Aware](#) – Dan Siegal, MD