

Mindfulness Program Additional Resources

Books

Title	Author(s)
How to Meditate: A Practical Guide to Making Friends with your Mind	Pema Chödrön
Just One Thing: Developing a Buddha Brain One Simple Practice at a Time	Rick Hanson
Meditation for Fidgety Skeptics	Dan Harris
Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness	Jon Kabat-Zinn
Mindfulness for Beginners: Reclaiming the Present Moment and Your Life	Jon Kabat-Zinn
Real Happiness: The Power of Meditation: A 28-Day Program	Sharon Salzberg
Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World	Mark Williams / Danny Penman

On-line Publications

Lion's Roar

<https://www.lionsroar.com/>

Mindful

<https://www.mindful.org/>

Tricycle

<https://tricycle.org/>

Websites

Tara Brach

<https://www.tarabrach.com/>

Pema Chödrön

<https://pemachodronfoundation.org/>

Rick Hanson

<https://www.rickhanson.net/>

Jack Kornfield

<https://jackkornfield.com/>

Kristen Neff & Christopher Germer

<https://self-compassion.org/>

Thích Nhất Hạnh

<https://plumvillage.org/>

<https://thichnhathanhfoundation.org/>

David Treleaven

<https://davidtreleaven.com/>

Mark Williams & Danny Penman

<http://franticworld.com/>

Mobile Apps

Calm (some free content)

Insight Timer

Meditation Studio (some free content)

Petit Bambou

Smiling Mind

Stop Breathe & Think (some free content)