

Mindfulness Resource List

Apps:

- Mindshift
- Insight Timer
- Smiling Mind
- Head Space
- Stop, Breath & Think
- SAM (Self-Help for Anxiety Management)
- MindUp (focused on children and youth)

Websites:

Mindfulness:

- Mindfulness Description and Resources
<http://www.get.gg/mindfulness.htm>
- Mindfulness Finding Peace in A Frantic World (shorter meditations for busy schedules)
<http://franticworld.com/free-meditations-from-mindfulness/>
- Mindfulness based Stress Reduction
<http://www.mindfulnessinstitute.ca/mbsr>
- Kristen Neff - Self Compassion
<https://self-compassion.org/>

Relaxation and Meditation:

- Free Audio Resources
<http://www.psychologytools.org/download-audio-therapy-resources.html>

Books:

- 5-Minute Mindfulness (David Dillard-Wright, Heidi Spear & Paula Munier)
- 10% Happier (Dan Harris)
- Calming your Anxious Mind (Jeffrey Brantley)
- Commit to Sit: Tools for Cultivating a Meditation Practice (edited by Joan Duncan Oliver)
- Peace is Every Breath (Thich Nhat Hanh; he has many great books to choose from)
- Self-Compassion (Kristin Neff; she also has a website with meditations)
- The Mindful Way Through Anxiety (Susan Orsillo and Lizabeth Roemer)
- The Mindful Way Workbook (Z. Segal, M. Williams & J. Teasdale)
- The Mindfulness-Based Stress Reduction Workbook (Bob Stahl & Elisha Goldstein)
- The Mindfulness Solution: Everyday Practices for Everyday Problems (Ronald Siegel)
- Trauma Sensitive Mindfulness (David Treleaven)
- Practicing Mindfulness (Matthew Sockolov)