

# Meditation and Mindfulness Resources and Links

## ADDITIONAL READING

- Article: “**Are You In Stress Denial?**”
- Article: “**5 Reasons You Should Start Meditating Today**”
- Website: **Greater Good’s mindfulness page: education, videos, & resources**
- Book: **Buddha in Blue Jeans**, by Tai Sheridan
- Book: **Meditation for Beginners**, by Jack Kornfield
- Book: **There is No App for Happiness**, by Max Strom

## QUIZ

- Greater Good’s **Mindfulness Quiz**

## MEDITATION APPS

- Stop, Breathe & Think
  - Varying lengths and types of meditation practice.
  - Recommends specific meditations based on your answers to questions about your emotional and physical state.
  - You can download a pack of meditations narrated by KD Lang.
- Mindfulness Training App
  - Great for beginners and those that would like to know more about the science and context of what they are doing.
  - Teachings from popular mindfulness instructors including Jon Kabat-Zinn and Jack Kornfield.
- Headspace
  - Great design, fun and intuitive to use.
  - Good variety of free and paid guided meditations.
  - Great for beginners and beyond.

## TRAINING/EDUCATION/PROGRAMS

- **Mindfulness-based stress reduction program** from Jon Kabat-Zinn
- **UCLA Meditation podcast**
- **Lifehacker’s Guide to Meditation for the Rest of Us**