

Mindfulness: Learn More

The following links can help you explore further:

Mindful – Taking Time for What Matters

www.mindful.org

Psychology Today – Mindfulness

www.psychologytoday.com/basics/mindfulness

MindfulNet

www.mindfulnet.org

University of Massachusetts: Center for Mindfulness

www.umassmed.edu/cfm

UCLA Mindful Awareness Research Center

www.marc.ucla.edu

University of Minnesota Center for Spirituality and Healing

www.csh.umn.edu

Note: You may wish to do an online search for Mindfulness Based Stress Reduction (MBSR) or Mindful Meditation to find courses in your area.

Reading material:

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life

by Jon Kabat-Zinn

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

By Jon Kabat-Zinn

The Miracle of Mindfulness: An Introduction to the Practice of Meditation

by Thích Nhất Hạnh

Mindfulness in Plain English

by Bhante Henepola Gunaratana

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