Resources on Mindfulness Research and Interest

Books:
Where Ever You Go, There You Are by Jon Kabat-Zin
The NOW Effect: How This Moment Can Change the Rest of Your Life by Elisha Goldstein
10 Mindful Minutes by Goldie Hawne and Wendy Holden
Mindful Parenting: Simple and Powerful Solutions to Raising Creative, Engaged, Happy Kids in Today’s Hectic World by Kristen Race PhD.

Websites:
Greater Good Science Center
http://greatergood.berkeley.edu/

The Child Mind Institute
http://childmind.org/article/mindful-parenting-2/

Mindful Parenting
http://themindfulparent.org/The_Mindful_Parent/Welcome.html

TED talk – Mindfulness
https://www.ted.com/topics/mindfulness

APPS:
Headspace
Calm
Relax Melodies

Podcasts:
Bulletproof Radio
The One You Feed
The Mindset Zone