

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