

RECOMMENDED RESOURCES

Mindfulness Based Stress Reduction

BOOKS

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

by Jon Kabat-Zinn

Heal Thy Self: Lessons on Mindfulness in Medicine

by Saki Santorelli

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

by Jon Kabat-Zinn

Coming to Our Senses: Healing Ourselves and the World Through Mindfulness

by Jon Kabat-Zinn

Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic

by Jeffrey Brantley MD and Jon Kabat-Zinn PhD

Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom

by Rick Hanson

The Craving Mind: From Cigarettes to Smartphones to Love – Why We Get Hooked and How We Can Break Bad Habits

by Judson Brewer and Jon Kabat-Zinn Ph.D

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story Paperback

by Dan Harris

PHONE APPS

Insight Timer: <https://insighttimer.com/>

10% Happier: <https://www.10percenthappier.com/>

Headspace: <https://www.headspace.com/>