

Mindfulness Resources ~ a small selection

Web ~ General

- A web search on “mindfulness” will reveal a universe of resources to explore, including “Loving-Kindness” or “Metta” or “Befriending” meditations. There are many versions on the web.
- *Mindful Schools*
<http://www.mindfulschools.org> & <http://www.mindfulschools.org/training/curriculum-training/>
- Website for the book, *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World* by Mark Williams & Danny Penman ~ <http://franticworld.com> & free audio meditations from the book including “Chocolate” and “Mindfulness of Body & Breath” <http://franticworld.com/free-meditations-from-mindfulness/>
- *Harvard MRI Study Shows That Meditation Rebuilds Brain’s Gray Matter In Just 8 Weeks* ~ Study published here: <http://www.plosone.org/article/info:doi/10.1371/journal.pone.0108359> (PLOS = Public Library Of Science).
Lay person’s overview posted November 30, 2014:
<http://thehigherlearning.com/2014/11/30/harvard-mri-study-shows-that-meditation-rebuilds-brains-gray-matter-in-just-8-weeks/>

Literature Reviews

- *Mindfulness for Children and Youth: A Review of the Literature with an Argument for School-Based Implementation* by Kim D. Rempel, Athabasca University
<http://mindfulnessinschools.org/wp-content/uploads/2013/09/remple.pdf>
- *What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research* by Daphne M. Davis and Jeffrey A. Hayes, Pennsylvania State University
<https://www.apa.org/pubs/journals/features/pst-48-2-198.pdf>

Podcasts

- *Mindfulness of Breath Meditation for Beginners* by Lisa Dale Miller, MFT
<https://itunes.apple.com/us/podcast/mindfulness-breath-meditation/id267047723?mt=2>
- *UCLA Mindful Awareness Research Center, Weekly Podcast at the Hammer (Museum)*
<http://marc.ucla.edu/body.cfm?id=107>

Apps

- *50 One-Minute Meditations with Robin Rice*, <https://itunes.apple.com/us/app/id940179792?mt=8>
- *The Mindfulness App*, <https://itunes.apple.com/us/app/the-mindfulness-app/id417071430?mt=8>

A couple other authors of note on the topic of mindfulness

- Rick Hanson, PhD ~ <http://www.rickhanson.net>
- Jon Kabat-Zinn, PhD ~ <http://www.mindfulnesscds.com>

Books Specific to Therapeutic Applications

- *Meditation for Therapists and Their Clients* by C. Alexander Simpkins & Annellen M. Simpkins
- *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy* by John P. Forsyth & Georg H. Eifert
- *Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide* by Sarah Bowen, Neha Chawla, G. Alan Marlatt
- *A Mindfulness-Based Stress Reduction Workbook* by Bob Stahl, Elisha Goldstein, Saki Santorelli (Afterword), Jon Kabat-Zinn (Foreword)
- *Mindfulness-integrated CBT: Principles and Practice*, by Bruno A. Cayoun
- *The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress* by Gina Biegel MA LMFT