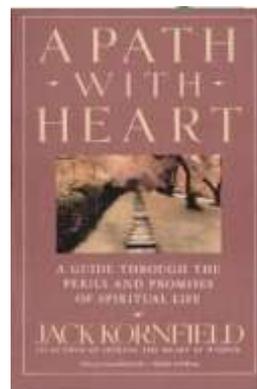
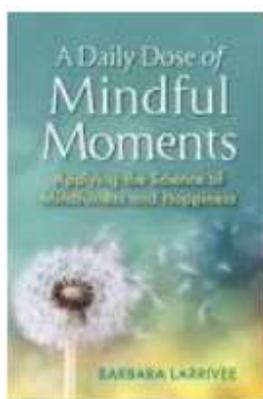


MINDFULNESS RESOURCES

BOOKS:

[A Daily Dose of Mindful Moments](#), by Barbara Larrivee

[A Path With Heart](#), by Jack Kornfield

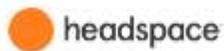


WEBSITES/APPS:

[Ten Percent Happier](#)



[Headspace](#)



[Insight Timer](#)

InsightTimer

[Calm](#)



[My Life](#)



[Simple Habit, Meditation](#)

