

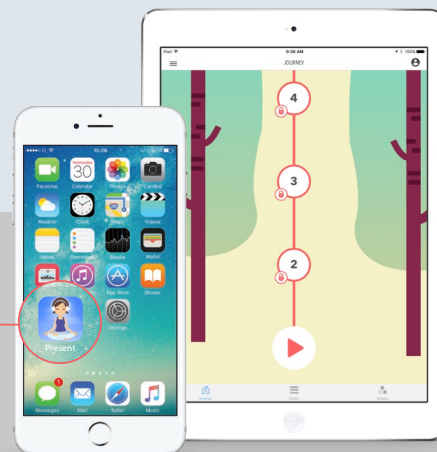
Mindful Presence Resources

Mindfulness Organizations

- **Mindful Presence** - www.mindfulpresence.net/resources.html
- **American Mindfulness Research Association** - www.goamra.org
- **Center for Investigating Healthy Minds (Dr. Richard Davidson)** - www.investigatinghealthyminds.org
- **The Center for Greater Good** - www.greatergood.berkeley.edu
- **The Center for Mindfulness at UMASS Medical** - www.umassmed.edu/CFM
- **The Center for Mindful Eating** - www.tcme.org
- **The Jha Lab** - www.amishi.com
- **Headspace** - www.headspace.com
- **Mindful** - www.mindful.org

Mindfulness Apps

- **Present: Guided Meditation** (shown)
- **10% Happier**
- **Calm**
- **Headspace**
- **Mindful Presence Body Scan or Sitting Meditation for Beginners App:**
download from iTunes Store or from the resource tab on www.mindfulpresence.net



Mindfulness Reading

- **Wherever You Go, There You Are:**
Mindfulness Meditation In Everyday Life (by Jon Kabat-Zinn)
- **The Mindfulness Edge:**
How To Rewire Your Brain For Leadership And Personal Excellence Without Adding To Your Schedule (by Matt Tenney and Tim Gard, PhD)
- **10% Happier:**
(by Dan Harris)
- **Make Peace with Your Mind:**
How Mindfulness And Compassion Can Free You From Your Inner Critic (by Mark Coleman)
- **Mindful Work:**
How Meditation Is Changing Business From The Inside Out (by David Gelles)