

This is a short list of helpful resources for establishing and building a mindfulness practice. There are many other wonderful resources, authors, etc., but these may help if you are looking for a place to start.

Books:

Thich Nhat Hanh

Peace is Every Step

Living Buddha Living Christ

Anger: Wisdom for Cooling the Flames

True Love: A Practice for Awakening the Heart

Pema Chodron

How to Meditate: A Practical Guide to Making Friends with Your Mind

Living Beautifully with Uncertainty and Change

When Things Fall Apart

Taking the Leap: Freeing Ourselves from Old Habits and Fears

Jon Kabat-Zinn

Mindfulness for Beginners

Full Catastrophe Living (also has a huge bibliography of additional readings in the back)

Wherever You Go There You Are

Websites:

Guided meditations recorded by Cameron Gordon specifically for OLLI participants should be available on Friday, 2/15 (or shortly thereafter if there is a delay in post-production). Go to this website and look in the “store.”

<https://www.psychbytes.com/>

Sounds True – books and guided meditation from a variety of excellent teachers including those listed above:

<http://www.soundstrue.com/store/>

Additional Jon Kabat-Zinn recorded meditation trainings:

<https://www.betterlisten.com/pages/jonkabatzinseries123>

UC San Diego’s Center for Mindfulness website with guided meditations

<http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

Books and other resources about mindfulness for kids:

<https://www.susankaisergreenland.com/>