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/jonkabatzinnseries123

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/