**Resources for Mindfulness Practice**

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Description automatically generated**Workbook**

A Mindfulness-based Stress Reduction Workbook. Oakland, CA: New Harbinger Publications, 2019. Stahl, Bob, and Elisha Goldstein.

**Internet Resources**

**Websites** that offer **free** downloads of meditation and mindfulness practices by wonderful teachers:

* Christopher Germer: <http://www.mindfulselfcompassion.org/>
* Kristen Neff: <https://self-compassion.org/>
* Sharon Salzberg: <http://www.sharonsalzberg.com/>
* Tara Brach: <http://www.tarabrach.com/>
* Ronald Siegel: [https://drronsiegel.com/#](https://drronsiegel.com/)
* On-line MBSR course: <https://palousemindfulness.com/>
* Mindfulness Center at Brown: <https://www.brown.edu/public-health/mindfulness/>
* Center for Mindful Self Compassion: <https://centerformsc.org/>
* Free mindful yoga: <https://www.youtube.com/user/yogawithadriene>

Teachers focused on embodied awareness of Bodies of Culture

* Larry Yang: <https://dharmaseed.org/teacher/107/>
* Sebene Salassie: <https://www.sebeneselassie.com/>
* Lama Rod Owen: <https://www.lamarod.com/>

Resources for Mindfulness as an Intervention for Trauma Work with Youth

* Center for Adolescent Studies: <https://centerforadolescentstudies.com/>

**YouTube**

Jon Kabat-Zinn – Talks and guided meditation by the creator of the 8-week Mindfulness-Based Stress Reduction Course:

<https://www.youtube.com/results?search_query=jon+kabat+zinn>

Alan Watts Chill-Step – Combination of music and lecture on principles of Taoism, a philosophy foundational to the historical practice of mindfulness meditation:

<https://www.youtube.com/watch?v=Jbu-OTEHnf8&ab_channel=TheRoadtoNowhere>

Tara Brach – Talks and guided meditation on the application of mindfulness in emotional healing and spirituality:

<https://www.youtube.com/c/TaraBrach-meditation/featured>

**Smartphone Apps**

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| Best Mental Health Apps from Verywellnimd.com | <https://www.verywellmind.com/best-mental-health-apps-4692902> |
| The Mindfulness App  (iPhone) | <https://itunes.apple.com/us/app/mindfulness-app-guided-silent/id417071430?mt=8> |
| Headspace  (iPhone & Android) | <https://www.headspace.com/headspace-meditation-app> |
| Insight Timer  (iPhone & Android) | <https://insighttimer.com/> |
| Breathing Zone | <http://www.breathing.zone/> |
| Liberate  (Taught by and for  People of Color) | <https://liberatemeditation.com/> |

**Research**

Google Scholar Search Results for Articles on Impact of 8-Week Mindfulness Based Stress Reduction.:

<https://scholar.google.com/scholar?hl=en&as_sdt=0%2C32&q=8+week+mindfulness+based+stress+reduction&btnG=>

Community College of Baltimore County Research Guide on Mindfulness  
<https://libraryguides.ccbcmd.edu/mindfulness>