

mindfulness

RESOURCES

APPS

Headspace

“Live a happier, healthier life with just a few minutes of meditation a day on Headspace.”

Calm

“Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life.”

BOOKS

Wherever You Go, There You Are

“In *Wherever You Go, There You Are*, Jon Kabat-Zinn maps out a simple path for cultivating mindfulness in our lives.”

The Art of Breathing

“Dr Danny Penman provides a guide to letting go and finding peace in a messy world, simply by taking the time to breathe.”

Guide to Finding Peace in a Frantic World

“A summary of the science behind using it to regain a sense of purpose, and a practical guide on how to do it.”

The Now Effect

“Elisha Goldstein offers you fresh, simple, practical exercises to go beyond simple theory...”

WEBSITES & VIDEOS

Oxford Mindfulness Centre

“Mindfulness enables people to live with awareness, wisdom and compassion of each present moment.”

Be Mindful

“The Mental Health Foundation believes the social challenge of our time is to reverse the growing level of mental ill health.”

The Power of Mindfulness

“Dr. Shauna Shapiro draws on neuroscience to demonstrate how mindfulness can make positive changes in our lives.”

How Mindfulness Meditation Redefines Pain...

“Kasim teaches and presents on the use of mindfulness for creating healing, transformation, and peace.”