Mindfulness Resources

* Mindfulnesscds.com
	+ Jon Kabat-Zinn’s collection of (25+) meditations MP3 downloads
* Research
	+ **Center for Healthy Minds** – University of Wisconsin
	+ **Center for Mindfulness** - University of Massachusetts
	+ **Mindfulness Center at Brown**
	+ **UCLA Mindfulness Research Center**
* Magazines
	+ ***Mindful*** – The magazine (highly recommended) mindful.org
* Books
	+ [**Good Morning, I Love You**](https://www.amazon.com/Good-Morning-Love-You-Self-Compassion/dp/1683643437)by Shauna Shapiro
	+ **Mindfulness for Beginners** by Jon Kabat-Zinn
	+ **Coming to our Senses** by Jon Kabat-Zinn
	+ [**Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life**](http://www.amazon.com/Wherever-You-There-Are-ROUGH/dp/1401307787/ref%3Dsr_1_2?ie=UTF8&qid=1298484851&sr=8-2) by Jon Kabat-Zinn
	+ **Falling Awake** by Jon Kabat-Zinn
	+ [**Full Catastrophe Living**](http://www.amazon.com/Full-Catastrophe-Living-Wisdom-Illness/dp/0385303122/ref%3Dsr_1_1?ie=UTF8&qid=1298484851&sr=8-1) by Jon Kabat-Zinn
	+ [**Fully Present**](http://www.amazon.com/Fully-Present-Science-Practice-Mindfulness/dp/0738213241) by Susan Smalley and Diana Winston
	+ **Buddha’s Brain** by Rick Hanson
	+ [**10% Happier**](http://www.amazon.com/10%25-Happier-Self-Help-Actually-Works--/dp/0062265423)by Dan Harris
	+ **Loving Kindness** by Sharon Salzberg
	+ [**Mindful Compassion**](http://www.amazon.com/Mindful-Compassion-Science-Understand-Emotions/dp/1626250618) by Paul Gilbert
	+ [**The Mindfulness Solution: Everyday Practices for Everyday Problems**](http://www.amazon.com/Mindfulness-Solution-Everyday-Practices-Problems/dp/1606232940/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1337734675&sr=1-1)by Ron Siegel
	+ **The Heart of Mindfulness based Stress Reduction** by Elana Rosenburg
	+ [**Calming Your Anxious Mind**](http://www.amazon.com/Calming-Your-Anxious-Mind-Mindfulness/dp/1572244879/ref%3Dsr_1_1?ie=UTF8&qid=1298498146&sr=8-1) by Jeff Brantley
	+ [**Mindfulness in Plain English**](http://www.amazon.com/Mindfulness-Plain-English-Revised-Expanded/dp/0861713214/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1298498205&sr=1-1) by Bhante Henepola Gunaratana
	+ [**Breath by Breath: The Liberating Practice of Insight Meditation**](http://www.amazon.com/Breath-Liberating-Practice-Insight-Meditation/dp/1590301366/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1298498235&sr=1-1) by Larry Rosenberg
	+ [**Nonviolent Communication**](http://www.amazon.com/Nonviolent-Communication-Language-Marshall-Rosenberg/dp/1892005034/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1298498257&sr=1-1) by Marshall Rosenberg
	+ **A Mindfulness- Based Stress Reduction Workbook** – Bob Stahl and Elisha Goldstein
* Traverse City Mindfulness Happenings
	+ **Traverse City Mindfulness Meditation Group – TCMMG**
		- Sundays Unitarian Universalist Congregation Church
		- ½ day retreats monthly
	+ **Yoga4Health**
		- Full day and week-end Yoga Retreats
		- Yoga Classes/free weekly meditation
* **Sokukoji Buddhist Community - Traverse City**
* Tuesdays – Unitarian Universalist Congregation
* Mid-Month full day retreats
* **Yen Yoga**
* Weekly meditation
* Free Online Meditations
	+ nmpspc.org
	+ Mindful.org
	+ UCLA Mindfulness Research Center
	+ UC San Diego Center for Mindfulness
	+ Contemplative Mind in Society
	+ Insight Meditation Society
	+ UMass Med
	+ Palouse Mindfulness Center
	+ Saki Santorelli
	+ Florence Maleo Meyer
	+ Jon Kabat Zinn
* Meditation Apps
	+ Insight Timer
	+ Calm
	+ Head Space
	+ 10% Happier
* Sounds True Mindfulness/MBSR Online Courses