

MINDFULNESS: LEARN MORE

Release, Refresh, Refocus

Links that can help you explore further:

UCLA Mindful Awareness Research Center

www.marc.ucla.edu

Greater Good Science Center at UC Berkeley

www.greatergood.berkeley.edu/topic/mindfulness

University of Massachusetts: Center for Mindfulness

www.ummhealth.org/center-mindfulness

Mindful – Taking Time for What Matters

www.mindful.org

Psychology Today – Mindfulness

www.psychologytoday.com/us/basics/mindfulness

Try out guided meditations

Experience different types of short meditations guided by professional facilitators¹.

www.uclahealth.org/marc/mindful-meditations

Explore a class

Search online for Mindfulness-Based Stress Reduction (MBSR) or Mindful Meditation to find courses in your area.

Reading material:

Wherever You Go, There You Are:

Mindfulness Meditation in Everyday Life

by Jon Kabat-Zinn

Full Catastrophe Living:

Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

by Jon Kabat-Zinn

The Miracle of Mindfulness:

An Introduction to the Practice of Meditation

by Thích Nhất Hạnh

Mindfulness in Plain English

by Bhante Henepola Gunaratana

Together, all the way.®



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