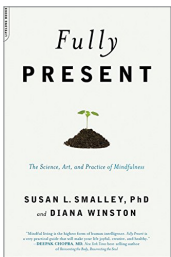


Mindfulness Resources

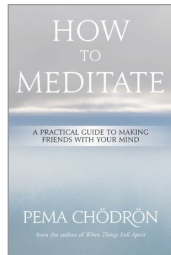


BOOKS



Fully Present: The Science, Art, and Practice of Mindfulness

by Susan Smalley
and Diana Winston



How to Meditate: A Practical Guide to Making Friends with Your Mind

by Pema Chödrön



FREE GUIDED MEDITATIONS

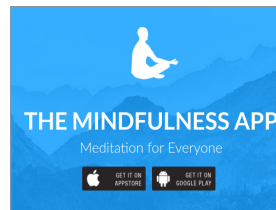
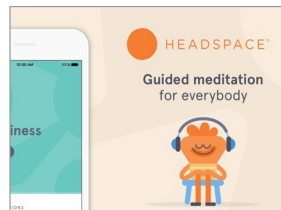
UCLA Health

MINDFULNESS AWARENESS RESEARCH CENTER



APPS

Search your apps store for “how to meditate.” You’ll find dozens of titles. Four easy, friendly apps are:



WEBSITES

A quick search of “how to meditate” will yield dozens of sites. Here are just a few:

Chopra.com

How to Meditate.org

