

## GENERAL REFERENCES

### *BOOKS AND MULTIMEDIA:*

Thich Nhat Hanh Happiness: Essential Mindfulness Practices (2009)

Jon Kabat-Zinn Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain & Illness (2013)

Sharon Salzberg Real Happiness: The Power of Meditation (2010)  
Real Happiness at Work: Meditations for Accomplishment, Achievement and Peace (2013)

### *WEBSITES:*

[www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)

[www.mindandlife.org](http://www.mindandlife.org)

[www.yogajournal.com/practice/meditation](http://www.yogajournal.com/practice/meditation)

### *MAGAZINE (and website)*

mindful: taking time for what matters

[www.mindful.org](http://www.mindful.org)

### *DEVICES, COMPUTER SETTINGS AND APPS:*

Meditation Timer (numerous types & styles); Mindfulness Bell (available [mindfulnessdc.org](http://mindfulnessdc.org)); also Bell of Mindfulness which can be added as an extension or add-on to your web browser

Breathe, Stop and Think (app from Tools for Peace)

Buddhify 1 & 2 (apps from 21awake-UK)

Insight Timer (with both timer and many guided meditations)

Mindfulness I & II (apps from MindApps)

Plum Village Meditations (*in the tradition of Thich Nhat Hanh*)

Simply Being: Guided Meditation for Relaxation and Presence