

Mindfulness Resource List

Content Sources from Academic Institutions

- University of Massachusetts Medical School- Center of Mindfulness
- University of California Berkley's Greater Good Center.
- University of California Los Angeles Mindful Awareness Research Center
- Duke Integrative Medicine
- University of California San Francisco- Osher Center for Integrative Medicine

Book Recommendations

- Emotional Intelligence: Why It Can Matter More Than IQ- Daniel Goleman
- Mindfulness for Beginners- Jon Kabat-Zinn
- Full Catastrophe Living Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness- Jon Kabat- Zinn
- Finding Space to Lead- Janice Marturano
- The Mindful Leader: Ten Principles for Bringing Out the Best in Ourselves and Others- Michael Carroll
- One Second Ahead: Enhance Your Performance at Work with Mindfulness- Rasmus Hougaard
- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life - Jon Kabat- Zinn
- 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works- Dan Harris
- The Mindfulness Revolution- Barry Boyce
- The Mindful Nation- Tim Ryan
- The way of Mindful Education (For teachers)- Daniel Rechtschaffen
- Savor: Mindful Eating, Mindful Life- Thich Nhat Hanh
- The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being- Dan Siegle
- Becoming a Resonant Leader: Develop Your Emotional Intelligence, Renew Your Relationships, Sustain Your Effectiveness- Annie McKee, Richard Boyatzis
- Gifts of Imperfections- Dr. Brene Brown
- Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead- Dr. Brené Brown



Mind Full or Mindful ?

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