



# Mindfulness Resources

for your continuing study



## Let's take a closer look.



- 1 Start here to learn about what mindfulness is (and what mindfulness isn't) with free instructional videos:  
[youtube.com/mindthemoment](https://www.youtube.com/mindthemoment)
- 2 Build your personal practice using our free, guided meditation mp3s:  
[soundcloud.com/mindthemoment](https://www.soundcloud.com/mindthemoment)
- 3 Check in to see what's happening in the worlds of mindfulness news, research, and events:  
[facebook.com/mindthemoment](https://www.facebook.com/mindthemoment)
- 4 Share your own mindful experiences with us and see what others are up to!  
[instagram.com/mind\\_the\\_moment](https://www.instagram.com/mind_the_moment)

[10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story.](#)

Dan Harris. Random House. 2014.

[Fully Present: The Science, Art, and Practice of Mindfulness.](#)

Susan L. Smalley, PhD and Diana Winston. Da Capo Press. 2010.

[Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life.](#)

Jon Kabat-Zinn. Hyperion. 1994.

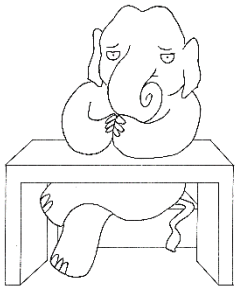
[Real Happiness: The Power of Meditation: A 28-Day Program.](#)

Sharon Salzberg. Workman. 2010.

## A few of our favorite books.



## Mindfulness for business...and beyond.



"Is Mindfulness Good for Business?"

[jeremyhunter.net/wp-content/uploads/2013/02/Mindful-Is-Mindfulness-Good-for-Business.pdf](http://jeremyhunter.net/wp-content/uploads/2013/02/Mindful-Is-Mindfulness-Good-for-Business.pdf)

"Putting Mindfulness to Work"

[mindful.org/putting-mindfulness-to-work](http://mindful.org/putting-mindfulness-to-work)

"Don't Let Frustration Make You Say the Wrong Thing"

[hbr.org/2015/12/dont-let-frustration-make-you-say-the-wrong-thing](http://hbr.org/2015/12/dont-let-frustration-make-you-say-the-wrong-thing)

"Am I Doing This Right? Answers to the Top 10 Questions That Everyone Asks About Meditation"

[mindful.org/am-i-doing-this-right](http://mindful.org/am-i-doing-this-right)

*The Mindfulness Edge Podcast*, featuring Mind the Moment founder Tara Healey

[themindfulnessedge.com/tme-009-mastering-emotions-bringing-mindfulness-corporate-world-tara-healey/](http://themindfulnessedge.com/tme-009-mastering-emotions-bringing-mindfulness-corporate-world-tara-healey/)

## A little piece of mindfulness is never more than a phone call away.

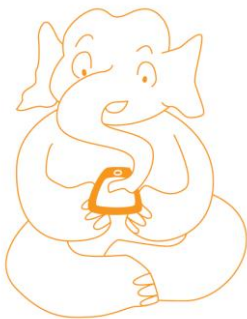


Harvard Pilgrim's **Mind the Moment** meditation hotline brings you bite-sized moments of mindfulness—available **24/7** from your phone.

**(877) 589-6736**



## A few of the apps we love.



### **10% Happier**

*Meditation for fidgety skeptics, featuring Dan Harris.*

[10percenthappier.com](http://10percenthappier.com)

### **Present – Guided Meditation**

*Large number of guided meditation packs, with a lively design.*

[itunes.apple.com/us/app/present-guided-meditation/id1282642033](https://itunes.apple.com/us/app/present-guided-meditation/id1282642033)

### **Headspace**

*Meditation made simple, in just 10 minutes a day.*

[headspace.com](http://headspace.com)

### **Unwinding Anxiety**

*Evidence-based, mindful guidance for anyone suffering from anxiety.*

[unwindinganxiety.com](http://unwindinganxiety.com)

### **Eat Right Now**

*Mindfulness techniques for reducing cravings associated with overeating.*

[goeatrightnow.com](http://goeatrightnow.com)

### **Craving To Quit**

*Mindfulness-based smoking cessation program with 2x the quit rate of other programs.*

[cravingtoquit.com](http://cravingtoquit.com)

## Local mindfulness centers create community.

Cambridge Insight Meditation Center  
[cambridgeinsight.org](http://cambridgeinsight.org)

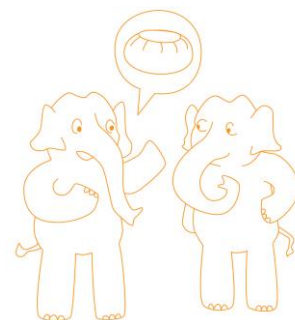
Boston Center for Contemplative Practice  
[www.thebccp.com](http://www.thebccp.com)

Mindful Boston  
[mindfulboston.com](http://mindfulboston.com)

Mindfulness Center at Brown University  
[brown.edu/academics/public-health/research/mindfulness/home](http://brown.edu/academics/public-health/research/mindfulness/home)

Cambridge Health Alliance Center for Mindfulness and Compassion  
[chacmc.org](http://chacmc.org)

Copper Beech Institute  
[copperbeechinstitute.org](http://copperbeechinstitute.org)



Insight Meditation Society  
[dharma.org](http://dharma.org)

Center for Mindfulness  
[umassmed.edu/cfm](http://umassmed.edu/cfm)

## Cutting Edge Research



Sara Lazar

[scholar.harvard.edu/sara\\_lazar/home](http://scholar.harvard.edu/sara_lazar/home)

How does yoga and meditation affect various cognitive and behavioral functions?



Jud Brewer

[drjud.com](http://drjud.com)

Habit change and the science of self-mastery.



David R. Vago

[davidvago.bwh.harvard.edu/](http://davidvago.bwh.harvard.edu/)

Cognitive, affective, and contemplative neuroscientific research.



Richard J. Davidson

[centerhealthyminds.org](http://centerhealthyminds.org)

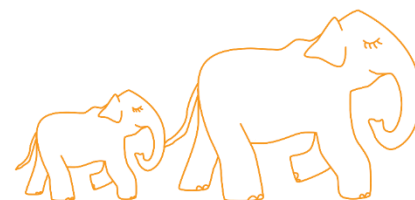
Our research, rooted in neuroscience, asks one basic question: What constitutes a healthy mind?

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## Need some gear?

DharmaCrafts has been New England's premiere purveyor of mindfulness-related goods for nearly 40 years.

[darmacrafts.org](http://darmacrafts.org)



 **Get healthy. Get HaPi.**   
[www.harvardpilgrim.org/mindfulness](http://www.harvardpilgrim.org/mindfulness)