

## **MINDFULNESS: SUGGESTED READING AND RESOURCES**

### **OLLI**

Jeffrey and Susan lead study groups for those new to mindfulness. Jeffrey also leads an Intermediate Level Mindfulness study group for people who have significant experience with meditation.

### **Books**

Dan Harris. *10% Happier*. Mindfulness from the perspective of a novice.

Kabat-Zinn, *Wherever You Go, There You Are*

Bhante Gunaratana. *Mindfulness in Plain English*

Shinzen Young: *The Science of Enlightenment*. 2018

Kornfield, Jack: *Meditation for Beginners* and *A Path With Heart*

Brach Tara, *Radical Acceptance*

Thich Nhat Hanh: *The Miracle of Mindfulness and Peace Is Every Step*

### **APPS**

#### **Brightmind**

#### **App with meditations guided by Shinzen Young and Others**

Eight Introductory Guided Meditations are free of charge.

<https://www.brightmind.com/free-meditations>

Shinzen has worked with researchers at Carnegie Mellon to develop an interactive app with multiple options

**Headspace**- Free trial then monthly fee.

**Calm** Free version

**Insight Timer** -free

### **WEB SITES AND LOCAL SITTING GROUPS**

Shinzen.org and basicmindfulness.com (Home Practice Program)

**UnifiedMindfulness.com**. Group associated Shinzen with wide-ranging activities and resources

**Insight Meditation Community of Washington:** [www.imcw.org](http://www.imcw.org)

**Sitting groups:** <https://imcw.org/Calendar/Event-Calendar/categoryId/1>

Carole Rogentine. Monday nights at Cedar Lane Unitarian

**Jack Kornfield.com**

**SpiritRock.org**