



Mindfulness Resources

Books:

Meditation for Fidgety Skeptics by Dan Harris

Real Happiness, Insight Meditation by Sharon Salzberg

The Power of Now, A New Earth, A Wakening to Your Life's Purpose
by Eckhart Tolle

Online and Digital:

Palouse Mindfulness: Mindfulness-Based Stress Reduction (MBSR)

This is a free online course based on the program developed at the University of Massachusetts Medical Center

10% Happier mobile app – tenpercent.com

10% Happier podcast – tenpercent.com/podcast

YouTube – there are many videos and courses available