



MINDFULNESS RESOURCES



Websites

- Palouse Mindfulness: <http://palousemindfulness.com>
- Ronald Siegel, PsyD., Free Mindfulness Meditations: <http://www.mindfulness-solution.com>
- UCLA Mindful Awareness Research Center, Free Guided Meditations: <http://marc.ucla.edu>

Smartphone Apps

- Mindfulness Coach (iOS)
- ACT Coach (iOS)
- Buddhify (iOS)
- Headspace (iOS & Android)
- Insight Timer (iOS & Android)
- Mindi (iOS)
- The Mindfulness App (iOS & Android)
- The Sleep School App (iOS & Android)
- Zen Timer

Audio

- *Mindfulness Meditation for Pain Relief*, Jon Kabat-Zinn

Books

- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*, Jon Kabat-Zinn
- *The Mindfulness Solution to Pain*, Jackie Gardner-Nix
- *You Are Not Your Pain*, Vidyamala Burch