

MINDFULNESS FOR LIFE

Resource Guide

“The ability to be present, attentive, and curious, and to adopt a ‘beginner’s mind’ with the goal of achieving greater awareness and insight into one’s own work.”

—University of Rochester Medical Center

Organizations

- Mindful.org/at-work
- Umassmed.edu/cfm/stress-reduction

Guided meditations

- Jon Kabat-Zinn: www.mindfulnesscds.com
- Free audio: www.marc.ucla.edu/body.cfm?id=22
- Coach by Cigna: Download from app store or goggle play store

Books

- *Mindfulness for beginners: Reclaiming the present moment and your life* by Jon Kabat-Zinn
- *The miracle of mindfulness: An introduction to the practice of meditation* by Thich Nhat Hanh
- *Finding the space to lead: A practical guide to mindful leadership* by Janice Marturano

Youtube videos

- *Mindfulness as an approach to improving performance* by Dr. Jutta Tobias
- *What is mindfulness?* by John Kabat-Zinn
- *Mindfulness over matter* by Dr. Ellen Langer

Together, all the way.®



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