

Helpful Resources

Books/Audiobooks

1. *Mindfulness in Plain English* by Bhante Gunaratana
2. *Wherever You Go, There You Are* by Jon Kabat-Zinn
3. *Peace is Every Step* by Thich Nhat Hanh
4. *10% Happier* by Dan Harris
5. *Mindfulness, A Practical Guide to Awakening* by Joseph Goldstein
6. *Full Catastrophe Living* by Jon Kabat-Zinn
7. *The Wisdom of Yoga* by Stephen Cope
8. *You Are Here* by Thich Nhat Hanh
9. *Say What You Mean: A Mindful Approach to Non-Violent Communication* by Oren Jay Sofer
10. *The Book of Joy* by Douglas Abrams
11. *Mindfulness for Teachers* by Patricia A. Jennings
12. *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* by Daniel Goleman & Richard J. Davidson
13. *The Person You Mean to Be: How Good People Fight Bias* By Dolly Chugh forward by Laszlo Bock
14. *The Whole-Brain Child* by Daniel J. Siegel and Tina Payne Bryson
15. *The Body Keeps Score* by Bessel Van der Kolk MD
16. *Mindset* by Carol S. Dweck
17. *The Science of Mindfulness* by Ronald Siegel

Phone Apps for Guided Meditations and Videos

1. 10% Happier
2. Calm App (Free for educators)
3. Headspace
4. Insight Timer
5. Stop Breathe and Think
6. Sanctuary (Yoga)

Podcasts

1. Leading Equity with Sheldon L. Eakins, PhD
2. Practicing Human with Cory Muscara

3. The Happiness Lab
4. Unlocking Us with Brene Brown

Websites and Videos

1. [“Learn Meditation in 5 Minutes”](#) by Dan Harris
2. [“How I Went From Skeptic to Meditator”](#) By Dan Harris
3. [“Your Thoughts Are Bubbles”](#) by Jon Kabat-Zinn
4. [“The Art of Stillness”](#) Ted Talk by Pico Iyer
5. [Mindfulschools.org](#)
6. [The Science of Happiness Yale Course](#)
7. [Palousemindfulness.com](#) ← 8 week mindfulness-based stress reduction
8. [Mindful Teachers](#)
9. [Mindful - Healthy Mind, Healthy Life](#)