

Resources

Books

Ameli, R. (2014). 25 lessons in mindfulness: now time for healthy living. American Psychological Association.

Brenda Salgado. (2016). Real World Mindfulness for Beginners: Navigate Daily Life One Practice at a Time. Sonoma Press.

Germer, C.K. (2009). The mindful path to self-compassion: freeing yourself from destructive thoughts and emotions. The Guilford Press.

Kabat-Zinn, J. (2012) Mindfulness for beginners. Sounds True.

Kabat-Zinn, J. (1994). Wherever you go there you are: mindfulness meditation in everyday life. Hyperion.

Matta, C. (2012). The Stress Response. New Harbinger Publications

Davis, M, Eshelman, E.R. & McKay, M. (2019) 7th ed. The Relaxation & Stress Reduction Workbook. New Harbinger Publications.

Siegel, Ron. (2010). The Mindfulness Solution. The Guilford Press.

Teasdale, J.D., Williams, W., Segal, Z., The Mindful Way Workbook. The Guilford Press.

Williams, J.M.G, Teasdale, J.D., Segal, Z.V., & Kabit-Zinn, J. (2007). The Mindful Way Through Depression. The Guilford Press.

Web Sites

Most of these web sites / apps have multiple types of relaxation exercises including; guided imagery, meditation, deep breathing, & mindfulness.

- Take a Break – app for Android from Meditation Oasis
- Calm
- Headspace
- UCLA Mindful Awareness Research Center – free guided meditations. At marc.ucla.edu/body.
- Mindfulness: Finding Peace in a Frantic World. Web site for the book of the same title. Has resources and free guided meditations.