

# Mindfulness Resources for Adults

## Mindfulness Applications (for phone or iPad):

- Calm
- Headspace

## Websites: The Science Behind Mindfulness / Meditation:

- UW- Madison Center for Healthy Minds:  
<https://centerhealthyminds.org/about/why-well-being>
- Headspace:  
<https://www.headspace.com/blog/2015/05/08/the-science-behind-meditation/>
- National Institute of health:  
<https://www.nccih.nih.gov/health/meditation-in-depth>

## Websites: Meditation Resources

- Sharon Salzberg  
<https://www.sharonsalzberg.com/>
- Jack Kornfield  
<https://jackkornfield.com/>
- Tara Brach  
<https://www.tarabrach.com/guided-meditations/>

## Books:

- Meditation for Beginners by Jack Kornfield  
<https://www.amazon.com/Meditation-Beginners-Jack-Kornfield-ebook/dp/B00341851I/>
- The Book of Joy: Lasting Happiness in a Changing World – His Holiness the Dalai Lama, Archbishop Desmond Tutu, and Douglas Abrams  
<https://www.amazon.com/Book-Joy-Lasting-Happiness-Changing/dp/0399185046/>
- Real Happiness: The Power of Meditation: A 28-Day Program – Sharon Salzberg  
<https://www.amazon.com/Real-Happiness-Sharon-Salzberg-ebook/dp/B003YL4M3S/>

## **Ted Talks:**

- Richie Davidson – UW Madison

[https://www.ted.com/talks/richard\\_j\\_davidson\\_how\\_mindfulness\\_changes\\_the\\_emotional\\_life\\_ofour\\_brains\\_jan\\_2019?language=en](https://www.ted.com/talks/richard_j_davidson_how_mindfulness_changes_the_emotional_life_ofour_brains_jan_2019?language=en)

## **Podcasts:**

- 10 Percent Happier with Dan Harris
- Daily Meditation Podcast
- Metta Hour – Sharon Salzberg