

THE HEALTH FORMULA

Meditation and Mindfulness Resources and Links

Additional Reading

- Article: [“Are You In Stress Denial?”](#)
- Article: [“5 Reasons You Should Start Meditating Today”](#)
- Website: [Greater Good's mindfulness page: education, videos, & resources](#)
- Book: [Buddha in Blue Jeans](#), by Tai Sheridan
- Book: [Meditation for Beginners](#), by Jack Kornfield
- Book: [There is No App for Happiness](#), by Max Strom

Quiz

- Greater Good's [Mindfulness Quiz](#)

Meditation Apps

- Stop, Breathe & Think
 - Varying lengths and types of meditation practice.
 - Recommends specific meditations based on your answers to questions about your emotional and physical state.
 - You can download a pack of meditations narrated by KD Lang.
- Mindfulness Training App
 - Great for beginners and those that would like to know more about the science and context of what they are doing.
 - Teachings from popular mindfulness instructors including Jon KabatZinn and Jack Kornfield.
- Headspace
 - Great design, fun and intuitive to use.
 - Good variety of free and paid guided meditations.
 - Great for beginners and beyond.

Training / Education / Programs

- [Mindfulness-based stress reduction program](#) from Jon Kabat-Zinn
- [UCLA Meditation podcast](#)
- [Lifehacker's Guide to Meditation for the Rest of Us](#)