**Guided Practices – free streaming/downloadable audio**

* Awake Mind

<http://awakemind.org/?page_id=1008>

* Insight LA

<http://www.insightla.org/audio/>

* Iowa State University Student Counseling Services - Mind/Body Spa - Mindfulness

<http://www.counseling.iastate.edu/relaxation-and-self-help-exercises/mind-body-spa>

* MARC: UCLA Mindful Awareness Research Center

<http://marc.ucla.edu/body.cfm?id=22>

* Mindfulness Self-Compassion, Christopher Germer, PhD <http://www.mindfulselfcompassion.org/meditations_downloads.php>
* NYU Student Health Center - Calming Corner

<http://www.nyu.edu/life/safety-health-wellness/student-health-center/services/mental-health/relaxation-oasis/calming-corner.html>

* Tara Brach, PhD – Guided Meditations (includes meditations in Spanish)

<http://www.tarabrach.com/audioarchives-guided-meditations.html>

* UC San Diego Center for Mindfulness <http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>
* Guided Mediations from the book, “*Mindfulness” An* *Eight-Week Plan for Finding Peace in a Frantic World,* <http://rodalebooks.s3.amazonaws.com/mindfulness/index.html>
* Palouse Mindfulness – MBSR style Guided Meditations <http://palousemindfulness.com/guidedmeditations.html>
* Mindful.org – Audio of classic Mindfulness practices with experts

<http://www.mindful.org/audio/calming-the-mind-counting-the-breath>

**Books**

* *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*, by Jon Kabat-Zinn, PhD
* *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World,* by Mark Williams & Danny Penman
* *The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals*, by Lidia Zylowska
* *The Mindful Way To Study: Dancing With Your Books*, by Jake Gibbs and Roddy Gibbs
* *Mindfulness in Plain English*, by Bhante Gunaratana. PDF version available from the publisher at <http://www.wisdompubs.org/sites/default/files/preview/Mindfulness%20in%20Plain%20English%20Book%20Preview.pdf>