

## **This is a list of resources compiled by several providers, including naturopathic doctors, acupuncturists, and therapists.**

### **Apps/podcasts:**

<https://www.headspace.com/>

<https://insighttimer.com/>

<http://dharmaseed.org/talks/>

Meditation Studio (\$3.99 download). Guided meditations for stress, sleep, anxiety, pain, compassion, etc.  
Insight Hour Podcast with Joseph Goldstein (often discusses Buddha's teachings)

### **Books:**

*Peace is Every Step: The Path of Mindfulness in Every Day Life* (Thich Nhat Hahn)

*Self-Compassion* (Kristin Neff)....a critical and challenging requisite for Mindfulness

<https://www.tarabrach.com/books-cds/> (specifically her book, "Radical Acceptance")

### **Mindfulness classes/workshops/drop-ins:**

<http://mindful.mykajabi.com/>

[http://soundmindfulnessgroup.com/?page\\_id=95](http://soundmindfulnessgroup.com/?page_id=95)

Free Online Introductory Meditation Class- Seattle Insight Meditation Society (6-week online course; free); [www.seattleinsight.org](http://www.seattleinsight.org). Local classes also available.

Brent Morton's 6 week beginner series for meditation as well as a weekly drop-in meditation [group--  
www.mindfulseatown.com](http://www.mindfulseatown.com)

### **Activities:**

A gratitude journal--write 3 things you're grateful for every morning and every night for at least 2 weeks. Keep up the practice even if it feels empty or hollow or if you are repeating the same things.

### **Additional resources:**

<https://www.tarabrach.com/>

<http://www.wisdomatwork.com/media-and-resources/>

<http://dharmaseed.org>