

**It's never been easier to find out what mindfulness practice is, and how it can benefit you. Here's one roadmap of free resources we've developed with our team of experts.**

**Not sure what mindfulness is, and how meditation fits in?** Visit our library of hundreds of hours of mindfulness educational videos and mp3s, available on [our YouTube page](#) and [our SoundCloud page](#).

**Interested in taking the next step towards building a long-lasting, sustainable mindfulness practice?** Try our "[Peak Mind Challenge](#)." This special e-learning course was designed to help you make mindfulness practice your own in four weeks.

Research tells us that practicing mindfulness with a community increases the chances of staying committed over the long-term. [Join us for live mindfulness instructions and discussion](#), every Tuesday, Wednesday & Thursday at 8:30 a.m. ET.

**Feeling inspired?** Our [Mind the Moment Facebook group](#) is a great place to share your own mindful experiences and see what others are up to. Or join our [Living Well community on Facebook](#) to interact with our wellness team and participate in challenges.

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[Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind.](#)

Judson Brewer. Penguin Random House. 2021.

[10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story.](#)

Dan Harris. HarperCollins. 2014.

[Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day.](#)

Amishi Jha. HarperCollins. 2021.

[The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness.](#)

Rhonda Magee. Penguin Random House. 2021.

**A few of our  
favorite books.**

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## mindful

MINDFULNESS FOR PAIN

*Stories of Healing  
Practices for Pain  
Science of Mindfulness*

[mindful.org/pain](https://mindful.org/pain)

### Managing chronic pain?

This microsite, created in partnership with the editors of Mindful Magazine, presents best practices and cutting-edge research on how mindfulness can help with pain.

These resources, freely offered to all, are available in both English and Spanish.

### Our mindfulness hotline



features guided meditations in both English and Spanish, for accessing on the go.

**(877) 589-6736**

# Mindfulness for business... and beyond.

“Putting Mindfulness to Work”  
[mindful.org/putting-mindfulness-to-work](http://mindful.org/putting-mindfulness-to-work)

“Don’t Let Frustration Make You Say the Wrong Thing”  
[hbr.org/2015/12/dont-let-frustration-make-you-say-the-wrong-thing](http://hbr.org/2015/12/dont-let-frustration-make-you-say-the-wrong-thing)

“Am I Doing This Right? Answers to the Top 10 Questions That Everyone Asks About Meditation”  
[mindful.org/am-i-doing-this-right](http://mindful.org/am-i-doing-this-right)

*The Mindfulness Edge Podcast*, featuring Mind the Moment founder Tara Healey  
[themindfulnessedge.com/tme-009-mastering-emotions-bringing-mindfulness-corporate-world-tara-healey/](http://themindfulnessedge.com/tme-009-mastering-emotions-bringing-mindfulness-corporate-world-tara-healey/)

## Two of our favorite apps.

### Ten Percent Happier

*Meditation for fidgety skeptics,*  
featuring Dan Harris.  
[tenpercent.com](http://tenpercent.com)

### Unwinding Anxiety

*Evidence-based, mindful guidance*  
for anyone suffering from anxiety.  
[unwindinganxiety.com](http://unwindinganxiety.com)

Our very own Tara Healey is  
honored as one of the  
“powerful women of the  
mindfulness movement”!



[mindful.org/10-powerful-women-of-the-mindfulness-movement-2021/](http://mindful.org/10-powerful-women-of-the-mindfulness-movement-2021/)

## Leaders in Mindfulness Research & Education



**Sara Lazar**

[scholar.harvard.edu/sara\\_lazar/home](http://scholar.harvard.edu/sara_lazar/home)

How does yoga and meditation affect various cognitive and behavioral functions?



**Jud Brewer**

[drjud.com](http://drjud.com)

Habit change and the science of self-mastery.



**David R. Vago**

[davidvago.bwh.harvard.edu](http://davidvago.bwh.harvard.edu)

Cognitive, affective, and contemplative neuroscientific research.



**Richard J. Davidson**

[centerhealthyminds.org](http://centerhealthyminds.org)

Our research, rooted in neuroscience, asks one basic question: What constitutes a healthy mind?



**Amishi Jha**

[amishi.com](http://amishi.com)

Exploring the stability and mutability of attention and working memory.



**Rick Hanson**

[rickhanson.net](http://rickhanson.net)

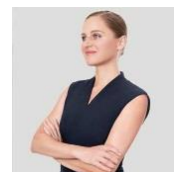
The neuroscience of lasting happiness.



**David Treleaven**

[davidtreleaven.com](http://davidtreleaven.com)

Teaching people to offer mindfulness in a trauma-sensitive way.



**Emma Seppälä**

[emmaseppala.com](http://emmaseppala.com)

The science of health, happiness, and success.

## Need some gear?

DharmaCrafts has been New England’s premiere purveyor of mindfulness-related goods for nearly 40 years.

[dharmacrafts.org](http://dharmacrafts.org)



a Point32Health company