

MINDFULNESS RESOURCES

University Centers

- Center for Mindfulness in Medicine, Health Care, and Society – University of Massachusetts Medical School:
<http://www.umassmed.edu/cfm/index.aspx>
- Mindful Awareness Research Center – University of California, Los Angeles: <http://www.marc.ucla.edu/>
- UCSD Center for Mindfulness – University of California, San Diego:
<http://mindfulness.ucsd.edu/>

Mindfulness Organizations

- Center for Contemplative Mind in Society:
<http://www.contemplativemind.org/>
- Center for Mindfulness and Psychotherapy:
<http://mindfulnessandpsychotherapy.org/>
- Institute for Meditation and Psychotherapy:
<http://www.meditationandpsychotherapy.org/sites.html>
- Meditation for Beginners: www.stephanbodian.org
- Mind and Life Institute: <http://www.mindandlife.org/>
- Mindful Living Programs: <http://www.mindfullivingprograms.com/index.php>
- Omega Institute: <http://www.eomega.org/>
- Preventative Medicine Research Institute: <http://www.pmri.org>
- Santa Barbara Institute for Consciousness Studies:
<http://www.sbinstitute.com/index.php>

Religious Organizations

Jewish

- Chochmat HaLev: www.chochmat.org

Christian

- Fr. Thomas Keating's Contemplative Outreach:
<http://www.centeringprayer.com/>
- World Community for Christian Meditation: www.wccm-usa.org

Sufism

- International Association of Sufism: www.ias.org

Buddhism

- Community of Mindful Living: www.iamhome.org
- Insight Meditation Society: <http://www.dharma.org/ims/index.htm>
- Shambhala International: www.shambhala.org
- Vipassana Meditation Center: www.dhamma.org
- Zen Center of Los Angeles: <http://www.zencenter.org/index.html>

Hinduism

- International Sivananda Yoga Vedanta Centers: www.sivananda.org
- Kripalu Center for Yoga and Health: www.kripalu.org

Books & Articles

- Bodian, S. (2006). *Meditation for dummies* (2nd ed.). New Jersey: Wiley.
- Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., et. al. (2003). Alterations in brain function produced by mindfulness meditation. *Psychosomatic Medicine*, 65, 564-570.

- Grossman, P., Niemann, L., Schmidt, S., Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57, 35-43.
- Gunaratana, B. (2002). *Mindfulness in plain English*. Boston: Wisdom.
- Hanh, T. N. (1975). *The miracle of mindfulness*. Boston: Beacon Press
- Kabat-Zinn, J. (1990). *Full catastrophe living*. New York: Delta.