



# Mindfulness Resources for your continuing study



Let's take a closer look.



- 1 Join us for live mindfulness instructions and discussion, every Tuesday & Friday at 8:30 a.m. ET. For info about accessing these sessions: [harvardpilgrim.org/livingwellathome](http://harvardpilgrim.org/livingwellathome)
- 2 Watch archived episodes of the sessions above, plus other instructional videos: [youtube.com/mindthemoment](https://youtube.com/mindthemoment)
- 3 Build your personal practice using our free, guided meditation mp3s: [soundcloud.com/mindthemoment](https://soundcloud.com/mindthemoment)
- 4 Check in to see what's happening in the worlds of mindfulness news, research, and events: [facebook.com/mindthemoment](https://facebook.com/mindthemoment)
- 5 Share your own mindful experiences with us and see what others are up to! [instagram.com/mind\\_the\\_moment](https://instagram.com/mind_the_moment)

[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. Random House. 2014.

[Fully Present: The Science, Art, and Practice of Mindfulness.](#)

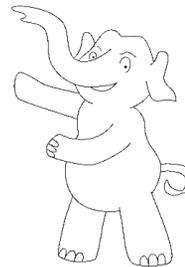
Susan L. Smalley, PhD and Diana Winston. Da Capo Press. 2010.

[Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life](#)

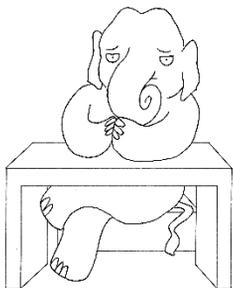
Jon Kabat-Zinn. Hyperion. 1994.

[Real Happiness: The Power of Meditation: A 28-Day Program.](#)

Sharon Salzberg. Workman. 2010.



A few of our favorite books.



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/)

A little piece of mindfulness is never more than a phone call away.

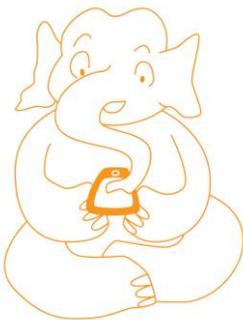


Harvard Pilgrim's **Mind the Moment** meditation hotline brings you bite-sized moments of mindfulness—available **24/7** from your phone.

**(877) 589-6736**



## A few of the apps we love.



### 10% Happier

*Meditation for fidgety skeptics, featuring Dan Harris.*

[10percenthappier.com](http://10percenthappier.com)

### Present – Guided Meditation

*Large number of guided meditation packs, with a lively design.*

[itunes.apple.com/us/app/present-guided-meditation/id1282642033](https://itunes.apple.com/us/app/present-guided-meditation/id1282642033)

### Headspace

*Meditation made simple, in just 10 minutes a day.*

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

### Unwinding Anxiety

*Evidence-based, mindful guidance for anyone suffering from anxiety.*

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

### Eat Right Now

*Mindfulness techniques for reducing cravings associated with overeating.*

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

### Craving To Quit

*Mindfulness-based smoking cessation program with 2x the quit rate of other programs.*

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



## Virtual offerings for those at home.

### Ten Percent Happier's Coronavirus Sanity Guide

"Meditations, podcasts, blog posts, and talks designed to help build resilience and find calm amidst the chaos."

[tenpercent.com/coronavirussanityguide](http://tenpercent.com/coronavirussanityguide)

### Greater Good's Guide to Well-Being During Coronavirus

Practices, resources, and articles for individuals, parents, educators, and health care professionals facing COVID-19.

[greatergood.berkeley.edu/article/item/greater\\_good\\_guide\\_to\\_well\\_being\\_during\\_coronavirus](http://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus)

### Office Hours with Dr. Jud

Live Q&A for dealing with coronavirus anxiety.

<https://www.youtube.com/channel/UCi6bQu-Df7Wh2x3gFT5a8aw>

## Cutting Edge Research



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

<http://www.amishi.com/lab/>

Exploring the stability and mutability of attention and working memory.



Rick Hanson

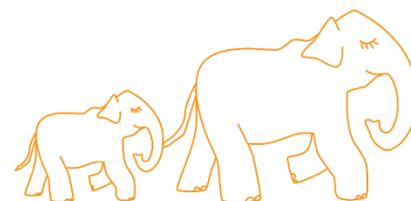
[rickhanson.net](http://rickhanson.net)

The neuroscience of lasting happiness.

## Need some gear?

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

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



 **Get healthy. Get HaPi.**   
[www.harvardpilgrim.org/mindfulness](http://www.harvardpilgrim.org/mindfulness)