



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
- 2 Watch archived episodes of the sessions above, plus other instructional videos: youtube.com/mindthemoment
- 3 Build your personal practice using our free, guided meditation mp3s: soundcloud.com/mindthemoment
- 4 Check in to see what's happening in the worlds of mindfulness news, research, and events: facebook.com/mindthemoment
- 5 Share your own mindful experiences with us and see what others are up to! 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.](#)

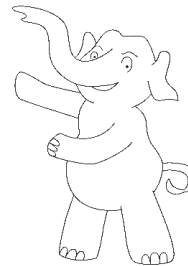
Susan L. Smalley, PhD and Diana Winston. Da Capo Press. 2010.

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

Jon Kabat-Zinn. Hyperion. 1994.

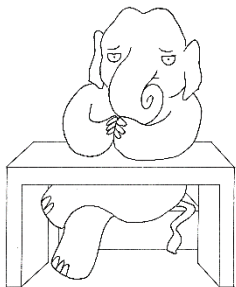
[Real Happiness: The Power of Meditation: A 28-Day Program.](#)

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

"Don't Let Frustration Make You Say the Wrong Thing"

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

The Mindfulness Edge Podcast, featuring Mind the Moment founder Tara Healey

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.

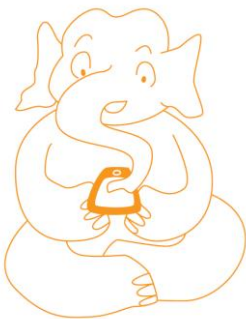


Harvard Pilgrim's **Mind the Moment** meditation hotline brings you bite-sized moments of mindfulness—available **24/7** from your phone.

(877) 589-6736



A few of the apps we love.



10% Happier

Meditation for fidgety skeptics, featuring Dan Harris.

10percenthappier.com

Present – Guided Meditation

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

itunes.apple.com/us/app/present-guided-meditation/id1282642033

Headspace

Meditation made simple, in just 10 minutes a day.

headspace.com

Unwinding Anxiety

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

unwindinganxiety.com

Eat Right Now

Mindfulness techniques for reducing cravings associated with overeating.

goeatrightnow.com

Craving To Quit

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

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

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

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

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



Jud Brewer

drjud.com

Habit change and the science of self-mastery.



David R. Vago

davidvago.bwh.harvard.edu/

Cognitive, affective, and contemplative neuroscientific research.



Richard J. Davidson

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

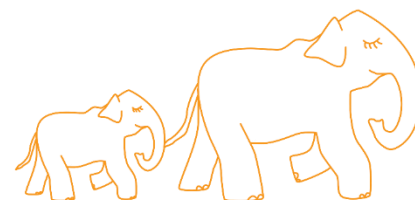
rickhanson.net

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



 **Get healthy. Get HaPi.** 
www.harvardpilgrim.org/mindfulness