**Mindfulness “Starter Kit” RESOURCES**

**Videos**

Brewer, J. (2015, November). Judson Brewer: A simple way to break a bad habit [Video file]. Retrieved from http://www.ted.com/talks/judson\_brewer\_a\_simple\_way\_to\_break\_a\_bad\_habit

McGonigal, K. (2013, June). Kelly McGonigal: How to make stress your friend [Video file]. Retrieved from http://www.ted.com/talks/kelly\_mcgonigal\_how\_to\_make\_stress\_your\_friend

Puddicombe, A. (2012, November). Andy Puddicombe: All it takes is 10 mindful minutes [Video file]. Retrieved from https://www.ted.com/talks/andy\_puddicombe\_all\_it\_takes\_is\_10\_mindful\_minutes

**Podcasts**

Tippett, K. (Producer). (2012, May 4). Ellen Langer: The science of mindlessness and mindfulness. *On Being* [Audio podcast]. Retrieved from http://www.onbeing.org/program/ellen-langer-science-of-mindlessness-and-mindfulness/6332

**Websites**

University of California Berkeley. (n.d.). *Greater Good: The Science of a Meaningful Life*. Retrieved March 11, 2016, from http://greatergood.berkeley.edu/

Siegal, D. (2010). *Dr. Dan Siegel: Inspire to Rewire*. Retrieved March 11, 2016, from http://www.drdansiegel.com/

**Articles/Blogposts**

Bhanoo, S.N. (2011, January 28). How meditation may change the brain. *New York Times*. Retrieved from http://well.blogs.nytimes.com/2011/01/28/how-meditation-may-change-the-brain/

Reynolds, G. (2016, February 18). How meditation changes the brain and body. *New York Times*. Retrieved from http://well.blogs.nytimes.com/2016/02/18/contemplation-therapy/?\_r=1

Schwartz, K. (2013, December 5). Age of distraction: Why it’s crucial for students to learn to focus. *Mindshift from KQED News*. Retrieved from http://ww2.kqed.org/mindshift/2013/12/05/age-of-distraction-why-its-crucial-for-students-to-learn-to-focus/

**Books**

Kabat-Zinn, J. (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. New York, NY: Hyperion.

Tan, C. (2012). *Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace)*. New York, NY: Harper One.