

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.

[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.**

mindful

MINDFULNESS FOR PAIN

*Stories of Healing
Practices for Pain
Science of Mindfulness*

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

“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/

Two of our favorite apps.

Ten Percent Happier

Meditation for fidgety skeptics,
featuring Dan Harris.
tenpercent.com

Unwinding Anxiety

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

Leaders in Mindfulness Research & Education



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

centerhealthybrains.org

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



Amishi Jha

amishi.com

Exploring the stability and mutability of attention and working memory.



Rick Hanson

rickhanson.net

The neuroscience of lasting happiness.



David Treleaven

davidtreleaven.com

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



Emma Seppälä

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



Harvard Pilgrim
Health Care

a **Point32Health** company