Mindfulness Resources

Audio and Podcasts

Tara Brach
Episode: Letting Go...Letting Be

The Hilarious World of Depression with John Moe

Untangle
Episode: Overcoming Personal Suffering with Sharon Salzberg

Mindful Meditation at the Hammer by UCLA Mindful Awareness Research Center
Episode: Working with Obstacles

Live Awake by Sarah Blondin
Episode: Things I wish Someone Had Told Me

Other Resources

Self Compassion by Dr. Kristin Neff

Greater Good Magazine by UC Berkeley

Mood Tracking and Mindfulness Apps

Youper

Daylio

Headspace

Calm

Insight Timer

Light Readings

Zen Habits by Leo Babauta

Zen Pencils by Gavin Aung Than

160. Edgar Albert Guest: It Couldn’t Be Done

Poetry in Mindfulness Based Stress Reduction at UCSD

If I Had My Life to Live Over by Nadine Stair

No Mud, No Lotus by Thich Nhat Hanh

On the Practice of Mindfulness by Thich Nhat Hanh