

Mindfulness and Meditation Resources

Joseph Goldstein Video—Wisdom for Troubled Times

<https://youtu.be/P8nDUz09WSg>

Dan Harris Video—The Long Journey to Becoming 10% Happier

<https://youtu.be/4sXBfIXUno>

Eckhart Tolle Video—Creating from Presence Instead of Ego

<https://youtu.be/uuOHdcxU7cE>

Thich Nhat Hanh Video—Oprah Interview

<https://youtu.be/NJ9UtuWfs3U>

Andy Puddicombe Video--10 Mindful Minutes

<https://youtu.be/qzR62JJCMBQ>

Benefits of using Mindfulness with Teens

<https://www.stressedteens.com/>

I Am Peace Book-Read Aloud

<https://youtu.be/hXA3837uv3w>

Jeff Warren

<https://jeffwarren.org/>

Sam Harris

<https://samharris.org/how-to-meditate/>

Sharon Salzberg

<https://www.sharonsalzberg.com/>

Tara Brach

<https://www.tarabrach.com/guided-meditations/>

How to Meditate for Beginners

<https://www.tenpercent.com/how-to-meditate>

Guided Meditations for Teens

<http://mindfulnessforteens.com/guided-meditations/>

Epic Self Guided Meditation for Teens

<https://www.theepicself.com/meditations/teens/>

Guided Mindful Walking Meditation

<https://www.symbaloo.com/home/mix/13ePBjTReZ>

Guided Meditation: Deepak Chopra

<https://www.symbaloo.com/home/mix/13ePBjTReZ>

Audio Book—*Practicing Mindfulness: An Introduction to Meditation* (paid through Audible)

<https://www.audible.com/search?keywords=muesse&ref=>

Practicing Mindfulness: An Introduction to Meditation (Free)

<https://guidebookstgc.snagfilms.com/1933%20Practicing%20Mindfulness.pdf>

Meditation for Beginners: 20 Practical Tips

<https://zenhabits.net/meditation-guide/>

Edutopia—Mindfulness

<https://www.edutopia.org/topic/mindfulness>

Article: The Science of Mindfulness

<https://www.mindful.org/category/science/>

Article: Replacing Detention With Meditation

<https://www.upworthy.com/this-school-replaced-detention-with-meditation-the-results-are-stunning>

Article: Seven Ways Mindfulness Can Help Teachers

https://greatergood.berkeley.edu/article/item/seven_ways_mindfulness_can_help_teachers

Article: 9 Essential Qualities of Mindfulness

<https://www.psychologytoday.com/us/blog/the-mindful-self-express/201202/nine-essential-qualities-mindfulness>

Article: Should Schools Teach Mindfulness?

https://www.nytimes.com/2019/02/07/learning/should-schools-teach-mindfulness.html?utm_source=affiliate&utm_medium=ls&utm_campaign=hL3Qp0zRBOc&utm_content=486358&utm_term=1&siteID=hL3Qp0zRBOc-BZomGki2AirFBfm9ldrXMA

Q & A: How to use Meditation for Teen Stress and Anxiety

<https://health.clevelandclinic.org/how-to-use-meditation-for-teen-stress-and-anxiety/>

Podcasts: 10% Happier

<https://podcasts.apple.com/us/podcast/10-happier-with-dan-harris/id1087147821>

App: 10% Happier

<https://www.tenpercent.com/>

App: Calm

<https://www.calm.com/>

App: Headspace

https://www.headspace.com/register-v1?utm_source=google&utm_medium=cpc&utm_campaign=1919439341&utm_content=68065219102&utm_term=379861035520&headspace&gclid=CjwKCAjw5fzrBRASEiwAD2OSV9SQBJXxXo6KGxcq0cR1-H4OtwE_WNy5o-zzO26xDqIcXmJuyaYYRoCiJkQAvD_BwE