

Mindfulness Meditation RESOURCES

Thich Nhat Hanh

<https://onbeing.org/programs/remembering-thich-nhat-hanh-brother-thay/>
<https://plumvillage.org/>

John O'Donohue

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

Jon Kabat-Zinn, MD

<https://jonkabat-zinn.com/>

Richard Davidson, Ph.D.

Center for Healthy Minds
<https://centerhealthyminds.org/>

Judson Brewer, M.D.

<https://drjud.com/>

Tara Brach

<https://www.tarabrach.com>

Jack Kornfield

<https://jackkornfield.com>

Sharon Salzberg

<https://www.sharonsalzberg.com>

Spirit Rock

<https://www.spiritrock.org>

(Many free resources here and a wide diversity of teachers and retreats, many online)

Helpful APPS:

Insight Timer

<https://insighttimer.com>

Triple Flame Meditation

<https://genekeys.com/triple-flame/>

MANY Behavior Change APPS:

drjud.com