

What is Mindfulness?

Mindfulness means paying attention in a particular way: On purpose, in the present moment, nonjudgmentally. Instead of judgment or criticism, this attention is curious and kind.

Books

Benson, H. (1975). *The Relaxation Response*. New York: Morrow.

Kabat-Zinn, J (1994). *Wherever You Go, There You Are*. New York: Hyperion.

Mindfulness Web Resources (free)

[UCLA Mindfulness Awareness Research Centre](#)

[Mindful Self-Compassion](#)

Focusing Web Resources (free)





[Emotional Focusing with Eugene Gendlin:](#)

[Learning Focusing, Ann Weiser Cornell](#)

CD

[Jon Kabat-Zinn, Mindfulness for Beginners CD](#)

Apps

- The Mindfulness App 1 ([IOS](#); [Android](#)) and 2 ([IOS](#); [Android](#))- can program to prompt mindfulness 
- Meditation: Mindfulness Made Easy (xinsight) – [IOS](#) 
- Mindfulness Meditation (by Mental Workout) – [IOS](#) and [Android](#) 
- Mindfulness for Beginners (Jon Kabat Zinn) –[IOS](#) & [Android](#) 
- Remindfulness – [IOS](#) – can program this one to prompt mindfulness 