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Resources:

- ☉ Mindful Magazine
 - <http://www.mindful.org/>
- ☉ Books
 - *Real Happiness*-Sharon Salzberg
 - *Real Happiness at Work*-Sharon Salzberg
 - *Self-Compassion*-Kristin Neff
 - *Mindfulness: Finding Peace in a Frantic World*-Mark Williams & Danny Penman
 - *A Mindfulness Based Stress Reduction Workbook*-Bob Stahl & Elisha Goldstein
 - *From Suffering to Peace: The True Promise of Mindfulness*-Mark Coleman
 - *Altered Traits* Daniel Goleman & Richard Davidson
 - *Mindfulness for Teachers*-Patricia Jennings
- ☉ Mindfulness Courses
 - Cultivating a Mindful Life-Ann Brand
 - Mindfulness Based Stress Reduction (MBSR)
 - Online courses- <https://www.mindfulschools.org/>
 - Online courses-UCLA <http://marc.ucla.edu/>

Guided Meditation Practices:

<https://drive.google.com/file/d/0B5-qTKoJlDKpLXhMNEI2WXdQdTA/view?usp=sharing>

<https://drive.google.com/file/d/0B5-qTKoJlDKpSmRxelJVSmxTRFk/view?usp=sharing>

<http://franticworld.com/free-meditations-from-mindfulness/>

<http://marc.ucla.edu/body.cfm?id=22>

Making a Commitment to Start

Find a time each day to practice 3-5 minutes of mindful breathing. You may choose to do this when you first wake up, when you first sit down at your desk in the morning, or at the end of the day. Experiment with times that work best in your schedule. Commit to doing this each day for two weeks and see what happens. It may seem strange or difficult at first but continue to practice each day. Practice noticing your experience without judgment and coming back to your breath again and again. After each meditation, jot down a few notes describing your experience-calm, planning, worried, discomfort, focused, etc. At the end of two weeks, reflect on your experience and the benefits that you may see from this practice. The only way to determine if mindfulness will be a beneficial practice for you is to commit to giving it a try.