

Resources—Mindfulness and Meditation

This list is not comprehensive, but it is a good start if you are looking for information about mindfulness and meditation. One caution, when researching mindfulness or meditation, much of the information that comes up is evidenced based, from scientists and practitioners exploring the effectiveness of these practices, and some information is non-evidenced based, from psychics and healers. I have focused on providing evidenced based resources and highlighting contributions that are respected by scientists.

Local Resources—Our panel of experts

- Mindfulness-Based Stress Reduction—you can take the 8-week course (www.yogahealthrn.com) taught by Betsy Murphy, MS, RN, HNB-BC, ERYT.
- Weekly meditation class—Each Tuesday from 1:15-2:15, you can join a Meditation and Mindfulness class taught by Judy Shatkin, M.D. at Reach Yoga, 688 Vernon Avenue in Glencoe (<http://www.reachyogaglencoe.com/fall-2012-sched/>).
- Clinical Services—for children and families seeking mindfulness-based therapeutic services contact Dr. Bernadette Evans-Smith at Rush Neurobehavioral Center (847-933-9339) and/or attend a parent education program (<http://www.rnbc.org/events/our-events-calendar/>)

ADHD specific Mindfulness Resources

- The Mindfulness Prescription for Adult ADHD, Lydia Zylowska, M.D.
- The Family ADHD Solution, Mark Bertin, M.D.
- The Emotional Life of Your Brain, Richard Davidson, PhD
- Fully Present: The Science, Art, and Practice of Mindfulness, Susan Smalley, PhD and Diana Winston. *I have not read this book, but included it based on praise that it earned from Ed Hallowell.*

Researchers studying Mindfulness Based Interventions and ADHD (attention and executive functioning).

- Bernadette Evans-Smith, Rush Neurobehavioral Center
- Lydia Zylowska, UCLA Mindful Awareness Research Center
- Richard Davidson, Center for Investigating Healthy Minds, University of Wisconsin
- Alfred Kaszniak, University of Arizona (currently more focused on aging and the brain)
- Amishi Jha, The Jha Lab: Exploring the Stability and Mutability of Attention and Working Memory, University of Miami
- Saskia van der Oord and Susan Bogels, Netherlands, scientists who have written many articles and developed a mindfulness training program for children with ADHD and their parents
- Sarah Lazar, Harvard University, focused on structural changes to the brain correlated with meditation practice.

- www.mindfulexperience.org The Mindfulness Research Guide, a website devoted to sharing information about research on mindfulness and meditation. It's not specific to ADHD, but it is included here because it often has links to ADHD research and also other research that might be of interest. The Research Centers page of the website has a very comprehensive list of links and you can also see a list of mindfulness research trials indexed by the National Institutes of Health.
- Sarina Grosswald, focused on Transcendental Meditation (www.adhd-tm.org there are videos and articles on this site)

Mindfulness and Meditation (in general)

- Jon Kabat-Zinn, Founder of Mindfulness-Based Stress Reduction (MBSR) <http://www.umassmed.edu/cfm/stress/index.aspx> author of numerous books and CDs about mindfulness. You can find videos of his speeches, interviews, etc. on YouTube as well as at <http://www.mindfulnesscds.com/index.html> and interviews on podcasts through iTunes. His work is an excellent place to start learning about mindfulness and meditation.
- [A Mindfulness-Based Stress Reduction Workbook](#), Bob Stahl, PhD and Elisha Goldstein, PhD This book is the MBSR program developed by Jon Kabat-Zinn in a workbook form. It gives detailed explanations of the practices, the theories, common obstacles, and many resources for continued learning. They share their stories of how they apply MBSR in their own lives and offer ideas to support your practice. www.mbsrworkbook.com
- Tara Brach, founder of the Insight Meditation Community of Washington, DC, www.tarabrach.com Her website is a wonderful resource for learning about meditation—you can learn about and order her books, there are guided meditations you can download, talks you can watch and download, a short booklet entitled How to Meditate that you can print, and a list of resources to deepen your understanding and practice.
- Sharon Salzberg, cofounder of the Insight Meditation Society in Barre, MA. She is a spiritual teacher and author focused on the Buddhist practices of vipassana (mindfulness) and metta (lovingkindness). You can find books, podcasts, videos and meditations on her website.
- Jack Kornfield, cofounder of the Insight Meditation Society in Barre, MA and founder of Spirit Rock Center in Woodacre, CA. He is a Buddhist teacher and clinical psychologist, author of many books, articles and CDs. You can find written meditations, articles, and resources on his website www.jackkornfield.com You can also find interviews on podcasts in iTunes.
- Daniel Siegel, www.drdansiegel.com Founder of the Mindsight Institute, Dr. Siegel writes about mindfulness and Interpersonal Neurobiology as well as child development and parenting. You can find his books and other resources on his website.
- Pema Chodron, ordained Tibetan Buddhist nun, author and teacher in the Shambala Buddhist lineage www.pemachodronfoundation.org You can find books, articles and videos on her website. You can find the local Shambala

Center of Chicago, www.chicago.shambala.org which offers courses and information in mindful awareness, meditation and Tibetan Buddhism

- Andrew Weil—audio CDs, *Breathing: Mastering the Key to Optimum Health and Meditation for Optimum Health: How to Use Mindfulness and Breathing to Heal* with Jon Kabat-Zinn.
- UCLA Mindful Awareness Research Center www.marc.ucla.edu You can find guided meditations, articles, talks about meditation, and online classes at their website.
- UCSD Center for Mindfulness, you can find guided meditations (<http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/audio.aspx>) on their website. They also provide trainings and conferences.
- www.mindful.org Online (and hard copy) magazine and clearinghouse of information about mindfulness and meditation. The resources page has excellent links for mindfulness in many areas of our lives (parenting, the workplace, education, free audio and video instruction). This organization comes more from the science and secular tradition in mindfulness and meditation.
- www.tricycle.com Online (and hard copy) magazine and clearinghouse of information about Buddhist teachings, meditation, community and wisdom. You will find meditations, articles, announcements of retreat opportunities, and online courses. Right now they are offering an online weekly meditation group taught by Sharon Salzberg focusing on Happiness. Much of the content is member supported which means you are strongly encouraged to join and support (\$25 or more donation) the website.
- www.emindful.com website focused on the medical benefits of mindfulness and meditation. They offer online courses for stress reduction, diabetes, pain management, and mental health.

Mindfulness and Meditation with Kids

- *Parenting From the Inside Out* by Dan Siegel. Although this book is not specifically about mindfulness, it gives the brain-body information about how mindfulness works—how we are often operating on autopilot and responding from fear, and how we can shift to consciousness and responding from a range of emotions, thoughts and options.
- www.mindfuleducation.org This is a website devoted to providing support for mindfulness training as a component of K-12 education. You will find links to researchers studying the use and effectiveness of mindfulness in school settings, articles, book recommendations, conference materials and general information on mindfulness and children. The Resources page of this website is really helpful.
- *Mindful Parent Happy Child* by Pilar Placone
- *Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children* by Linda Lantieri and Daniel Goleman. This book is written to help parents and teachers develop mindfulness and emotional regulation. It comes with a CD with guided meditations.

- The Mindful Child by Susan Kaiser Greenland. Wonderful book with practical advice for cultivating mindfulness in the home
- The Stress Reduction Workbook for Teens by Gina Biegel. This workbook is written by the founder of Stressed Teens (stressedteens.com). She developed the MBSR program for teens and teaches teens, parents and professionals.
- Child's Mind: Mindfulness Practices to Help our Children be more Focused, Calm and Relaxed by Christopher Willard This book comes from Willard's own experience learning meditation as a child as well as his work as a clinical psychologist. It offers mindfulness practices based on child-sized attention span and children's focus on sensory experiences.
- Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh A classic by the prolific, thoughtful, engaging Buddhist monk and teacher. It includes a CD with meditations and activities.
- You are Not Your Thoughts by Brian Despard Introduction to mindfulness, appropriate for young children, but appreciated by adults as well.
- Peaceful Piggy Meditation by Kerry Lee Maclean Introduction to meditation for young kids. This author also has other books for kids, Moody Cow Meditates, Moody Cow Learns Compassion, Pigs Over Shambala, and Peaceful Piggy Yoga.
- www.stillquietplace.com website for Amy Saltzman, M.D. founder and director of the Association for Mindfulness in Education. Here you will find research, articles, books and CDs to help incorporate mindfulness and meditation into your lives with children.
- Information on how to make a "mind jar" a container of water with glitter inside that can be used as a symbol of how the mind is cluttered or emotional and how it settles itself,
<http://mommaowlslab.blogspot.com/2012/02/science-thursday-glitter-jars.html>
- Everyday Blessings by Jon and Myla Kabat-Zinn
- Denise Roy—psychotherapist and author of My Monastery is a Minivan, Momfulness, and the CD Meditations for Mothers.

Podcasts

If you can't meditate at home (you may have young children) you can take them with you in your mp3 device. There are lots of podcasts and interesting audio shows that discuss meditation and mindfulness, and there also guided meditations. You can also type a name (Jon Kabat-Zinn, Chade-Meng Tan, Andy Puddicombe) or topic you would like to find into the search area. Most of my favorites are free:

- On Being with Krista Tippett—great interview with Jon Kabat-Zinn
- Tara Brach—many meditations and talks you can download
- Lisa Dale Miller—guided meditations
- A Quiet Mind with Robert Jackson

- Sounds True—Insights at the Edge with Tami Simon (mostly focused on spirituality, but there are interviews with Buddhist teachers, Dan Siegel, Brene Brown, neuroscientists, etc.)
- The Mindful Parent with Scott Rogers—collection of short talks on parenting and mindfulness.
- There are lots of excellent resources from the Buddhist traditions
 - Dharma Podcasts from Upaya Zen Center with Joan Halifax—there are many interesting topics here. Episodes 37-45 from February 2013 all focus on the Zen Brain and how neuroscience and practice come together with Al Kaszniak and Richard Davidson.
 - Secular Buddhist with Ted Meissner (talks with Richard Davidson, Brad Fullmer, Andy Puddicombe, and Dan Siegel)
 - Dharma Classes from Chronicles Radio (talks and lectures from Pema Chodron and Chogyam Trungpa),
 - Eight Month Mindfulness Series with Lama Willa Miller—seven guided meditations
 - Meditation and Mindfulness for Children by Children by Dharma School—four very short podcasts helpful to teaching children
 - The Zen Mommies Radio Show

iTunes U

- Two collections from UCLA’s MARC—guided meditations and talks about mindfulness and meditation from the Hammer Museum
- Collection from Baylor University
- Collection from University of Wisconsin on mindfulness and medicine

Mindfulness Apps

There are several apps related to supporting meditation practice, learning more about Buddhism, and breathing. Most are not free.

- Take A Chill—designed for teens, but enjoyed by adults as well. Tools to help manage stress and bring mindful practices into a daily routine.
- Insight Timer—uses Tibetan singing bowls to start and end your meditation practice, you can set a timer or use a “pre-set” if you often meditate for the same amount of time. You will see the community of other people meditating using the app on a global map. Tracks your sessions and awards milestones.
- Buddhify—designed for urban meditations, offers 3 or 10 minute sessions depending on where you are; gym, travelling, walking or home. Shows your usage and progress, allows choice of male or female voice guiding the meditation.
- Meditator Meditation Timer—similar to Insight Timer, earned great reviews
- Mindfulness Meditation—developed by Stephan Bodian who wrote Mindfulness for Dummies, designed to help you start and develop a mindfulness practice.
- The Mindfulness App—designed to help you begin and support your practice.
- Apps with visual experience during meditation

- Meditation Timer—gives options to customize your meditation experience and also has 10 background pictures that change with a shake.
- Meditation: Mindfulness Made Easy—visuals to help, can choose to listen to music as you meditate, customize length and content of the session
- Equanimity—similar to Insight Timer
- Universal Breathing—designed to help start and develop a pranayama breathing practice

Other helpful tools

- Vibrating bracelet—www.meaningtopause.com This website offers bracelets which will vibrate to remind you to stop, breathe, think, notice, express kindness, etc.
- Compassion It reversible wristband, www.peacemonger.org Comes in sets of 2 so you can give one to a friend, buying supports the non-profit organization peacemonger.org.