

FOCUS Resources

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APPS

Our Top 5 Picks:

- [Aura](#)
- [Buddhify](#)
- [Calm](#)
- [Headspace](#)
- [Insight Timer](#)

If you want more:

- [Breethr](#)
- [Breathr+](#)
- [Happy Not Perfect](#)
- [Healthy Minds Program](#)
- [Meditation Studio](#)
- [Stop Breathe Think](#)
- [Oak](#)
- [Simple Habit](#)
- [Smiling Mind](#)
- [The Mindfulness App](#)
- [UCLA Mindful](#)
- [Waking Up](#)

ARTICLES

Our Top Picks:

Asensio-Martínez, et al. (2019). Relation of the psychological constructs of resilience, mindfulness, and self-compassion on the perception of physical and mental health. *Psychology Research and Behaviour Management.*, 12, 1155-1166. doi: <https://doi.org/10.2147/PRBM.S225169>

Galante, J. et al. (2018). A mindfulness-based intervention to increase resilience to stress in university students (the Mindful Student Study): A pragmatic randomised controlled trial. *The Lancet Public Health*, 3(2). [https://doi.org/10.1016/S2468-2667\(17\)30231-1](https://doi.org/10.1016/S2468-2667(17)30231-1)

Nisbet, E.K., Zelenski, J.M., & Grandpierre, Z. (2019). Mindfulness in nature enhances connectedness and mood. *Ecopsychology*, 11 (2). 81-91. <http://doi.org/10.1089/eco.2018.0061>

Shankland, R., Tessier, D., Strub, L., Gauchet, A., & Baeyens, C. (2021). Improving mental health and well-being through informal mindfulness practices: An intervention study. *Applied Psychology : Health and Well-Being*, 13(1), 63–83. <https://doi.org/10.1111/aphw.12216>

Tang, Y., Hölzel, B. K., & Posner, M. I. (2015). The neuroscience of mindfulness meditation. *Nature Reviews Neuroscience*, 16(4), 213–225. <https://doi.org/10.1038/nrn3916>

Taylor, H., Strauss, C., & Cavanagh, K. (2021). Can a little bit of mindfulness do you good? A systematic review and meta-analyses of unguided mindfulness-based self-help interventions, *Clinical Psychology Review*, 89, 102078–102078. <https://doi.org/10.1016/j.cpr.2021.102078>

If you want more:

Champion, L., Economides, M., & Chandler, C. (2018). The efficacy of a brief app-based mindfulness intervention on psychosocial outcomes in healthy adults: A pilot randomised controlled trial. *PloS one*, 13(12). doi:10.1371/journal.pone.0209482

Chopik, W. J., Newton, N. J., Ryan, L. H., Kashdan, T. B., & Jarden, A. J. (2019). Gratitude across the life span: Age differences and links to subjective well-being. *The journal of positive psychology*, 14(3), 292-302. doi:10.1080/17439760.2017.1414296

Creswell, J. D., Lindsay, E. K., Villalba, D. K., & Chin, B. (2019). Mindfulness training and physical health: Mechanisms and outcomes. *Psychosomatic medicine*, 81(3), 224-232. doi:10.1097/PSY.0000000000000675

Huberty, J., Green, J., Glissmann, C., Larkey, L., Puzia, M., & Lee, C. (2019). Efficacy of the mindfulness meditation mobile app “Calm” to reduce stress among college students: Randomized controlled trial. *JMIR Mhealth Uhealth*, 7(6). doi: 10.2196/14273

Mrazek, M. D., Cherolini, C. M., Cloughesy, J. N., Cynman, D. J., Gougis, L. J., Landry, A. P., Reese, J. V., & Schooler, J. W. (2019). The future of mindfulness training is digital, and the future is now. *Current Opinion in Psychology*, 28, 81–86. <https://doi.org/10.1016/j.copsyc.2018.11.012>

Nelson, J.B. (2017). Mindful eating: The art of presence while you eat. *Diabetes spectrum: a publication of the American Diabetes Association*, 30 (3). 171-174. doi: 10.2337/ds17-0015.

Slutsky, J., Chin, B., Raye, J., & Creswell, J. D. (2019). Mindfulness training improves employee well-being: A randomized controlled trial. *Journal of Occupational Health Psychology*, 24(1), 139-149. <http://dx.doi.org/10.1037/ocp0000132>

Books

Our Top 5 Picks:

- Chodron, P. (2020). *Welcoming the unwelcome*. Shambhala.
- Goleman, G., Davidson, R. J., (2018). *Altered traits: Science reveals how meditation changes your mind, brain, and body*. Avery.
- Kabat-Zinn, J. (2013). *Full catastrophe living*. Bantam.
- Neff, K. (2021). *Fierce self-compassion*. Harper Wave.
- Siegel, D. J., (2020). *Aware: The science and practice of presence*. TarcherPerigee.

If you want more:

- Bays, J. C. (2011). *How to train a wild elephant: And other adventures in mindfulness*. Shambhala.
- Chodron, P. (2019). *Living beautifully: with uncertainty and change*. Shambhala.
- Dalai Lama, Tutu, D., Abrams, D. (2016). *The book of joy: Lasting happiness in a changing world*. Avery.
- Germer, C. K. (2009). *The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions*. New York: Guilford Press.
- Gunaratana, B. H. (2011). *Mindfulness in plain English*. Wisdom Publications.
- Hanson, R. (2009). *Buddha's Brain*. Harbinger Publications.
- Harris, D. (2014). *10% Happier*. Day Street Books.
- Kabat-Zinn, J. (2005). *Wherever you go, there you are*. Hachette Books.
- Neff, K. (2015). *Self-compassion: The proven power of being kind to yourself*. William Morrow & Company.
- Nestor, J. (2020). *Breath: The new science of a lost art*. Penguin.
- Puddicombe, A. (2016). *The Headspace guide to meditation and mindfulness: How mindfulness can change your life in ten minutes a day*. St. Martin's Griffin.
- Sockolov, M. (2018). *Practicing mindfulness: 75 Essential meditations to reduce stress, improve mental health, and find peace in the everyday*. Althea Press.
- Tan, C-M. (2014). *Search inside yourself: The unexpected path to achieving success, happiness (and world peace)*. HarperCollins.
- Thich Nhat Hanh, (1999). *The miracle of mindfulness: An introduction to the practice of meditation*. Beacon Press.
- Tolle, E. (2004). *The power of now: A guide to spiritual enlightenment*. New World Library.
- Williams, M., Teasdale, J. (2014). *The mindful way workbook*. Guilford Publications.
- Winston, D. (2019). *The little book of being. Practices and guidance for uncovering your natural awareness*. Sounds True.

PODCASTS

Our Top 5 Picks:

- [Christopher Germer Interviews and Media](#)
- [Greater Good Magazine - Podcasts](#)
- [Mindful.org](#)
- [Sounds True](#)
- [Tara Brach](#)

If you want more:

- [Daily Meditation Podcast](#)
- [Meditation-in-the-City](#)
- [Meditation Minis](#)
- [Meditation Oasis](#)
- [Meditation Station](#)
- [Mind & Life](#)
- [Mindfulness Meditation - Rubin Museum of Art](#)
- [Sharon Salzberg](#)
- [Ten Percent Happier](#)
- [The OneMind Podcasts](#)
- [Tracks to Relax](#)
- [Yoga by Nature](#)

Websites

MINDFULNESS

Our Top 5 Picks:

- [Dr. Jud Brewer Mindfulness Exercises](#)
- [The Mindfulness Institute](#)
- [The Center for Healthy Minds](#)
- [American Mindfulness Research Association: Informing Mindfulness Research and Practice](#)
- [UCLA Mindful Awareness Research Centre](#)

If you want more:

- [UMass Memorial Health Center for Mindfulness](#)
- [The Institute for Meditation and Psychotherapy](#)
- [University of California, San Diego Center for Mindfulness](#)
- [Mind and Life Institute](#)
- [Centre for Mindfulness Research and Practice](#)
- [The Center for Contemplative Mind in Society](#)
- [The Wellspring Institute for Neuroscience and Contemplative Wisdom](#)
- [The Centre for Mindfulness Studies](#)

SELF-COMPASSION & SELF-CARE

Our Top 5 Picks:

- [The Center for Mindful Self Compassion](#)
- [The Compassion Institute](#)
- [Greater Good Magazine](#)
- [Tara Brach](#)
- [Self-Compassion by Dr. Kristen Neff](#)

If you want more:

- [Compassionate Living](#)
- [Mindsight Institute](#)
- [The Center for Nonviolent Communication](#)
- [Awareness in Action](#)
- [The Charter for Compassion](#)
- [The Compassionate Mind Foundation](#)
- [Sustainable Compassion Training](#)