

# Mindfulness Resources

---

*Please feel free to email with any questions*  
Stephanie Curran – [scurran@elementscentre.ca](mailto:scurran@elementscentre.ca)

## **Books**

- **Full Catastrophe Living** – by Jon Kabat-Zinn
- **Parenting from the Inside Out** – by Dan Siegel
- **The Mindful Brain** – by Dan Siegel
- **Sitting Still Like a Frog: mindfulness exercises for kids (and their parents)**  
– by Eline Snel, Jon Kabat-Zinn & Myla Kabat-Zinn **\*CD included\***
- **The Mindful Child** – by Susan Greenland
- **Calming Your Anxious Mind: how mindfulness and compassion can free you from anxiety, fear and panic** – by Jeffery Bantley & Jon Kabat-Zinn
- **The Stress Reduction Workbook for Teens: mindfulness skills to help you deal with stress** – by Gina Biegel
- **Brainstorm: the power & purpose of the teenage brain** – by Dan Siegel
- **The Mindful Teen: powerful skills to help you handle stress one moment at a time** – by Dzong X. Vu

## **Websites**

**Mindful Magazine** – an online resource covering a wide variety of topics on mindfulness  
[www.mindful.org](http://www.mindful.org)

**Center for Mindfulness** in Medicine, Health Care, and Society (MBSR training)  
[www.umassmed.edu/cfm/](http://www.umassmed.edu/cfm/)

**Search Inside Yourself** Leadership Institute - Google's mindfulness program  
[www.siyli.org](http://www.siyli.org)

**Dan Siegel** – author, researcher and speaker on interpersonal neurobiology  
[www.drdansiegel.com](http://www.drdansiegel.com)

**American Mindfulness Research Association** – online database for all mindfulness research publications

[www.goamra.org](http://www.goamra.org)

**BC Association for Living Mindfully** – a non profit society dedicated to facilitating increased mindfulness and reduced stress in homes, schools and workplaces throughout BC

[www.bcalm.ca](http://www.bcalm.ca)

**Heart-Mind Online** – resources for educators and families

[www.heartmindonline.org](http://www.heartmindonline.org)

**Mindfulness for Teens** – free guided meditations, instructions, videos and resources

[www.mindfulnessforteens.com](http://www.mindfulnessforteens.com)