
About Mindfulness

Books about Mindfulness and meditation

[Emotional Life of your Brain](#)

[Wherever You Go, There You Are](#)

[Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness](#)

[Coming to Our Senses: Healing Ourselves and the World Through Mindfulness](#)

[Letting Everything Become Your Teacher: 100 Lessons in Mindfulness](#)

[The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day](#)

[Happiness: A Guide to Developing Life's Most Important Skill](#)

Websites

[On this page](#) you will find about 20 meditation recordings and 17 relaxation recordings. All of them are free.

[Extensive systematic pages on mindfulness](#). They include eight weeks of basic mindfulness training, in English and five other languages, and many accompanying materials. Links to videos, recordings, books, expert articles, Zoom sessions and more.

Includes instructions on how to customize the site to your language if a specific language version is not offered. All free.

[A site](#) in English that provides a summary of research on the effects of mindfulness.

[Headspace](#): Through evidence-based meditation and mindfulness tools, mental health coaching, therapy, psychiatry, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

Apps

[Healthy minds is a meditation and wellbeing app site](#) based on research by Richard Davidson, author of The Emotional Life Of Your Brain. Free for individual users or voluntary contributions. You need to create an account.

[Mindfulness coach is a mindfulness and well-being app site](#) developed to help military veterans. For free. Systematic, clear, many additional resources and links. Can be used even if you don't create an account.

[Jon Kabat's Zinn meditation alliance website](#). You can listen to the meditation recordings even if you don't create an account. The recordings are a companion to Jon Kabat Zinn's books, and originally some of them were released as CD supplements to the books. Basic meditations are free, most content is paid. You need to create an account.

[Headspace is Andy Puddicombe's meditation and well-being app site](#). A few introductory lessons are free, most of the content is paid. You need to create an account. Includes not only an excellent guide to mindfulness and meditation, but also fitness programs, recordings to help with sleep problems, and more.

[Insight Timer is a comprehensive app](#) bringing inspiration for sleep, anxiety and stress. For free. You need to create an account.

