

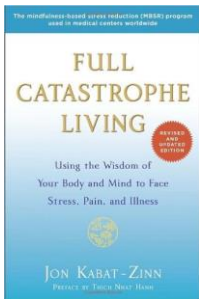
Journey To AUTHENTIC LIVING

MINDFULNESS RESOURCES

USEFUL WEBSITES:

- [Modern Meditation – The science of mindfulness for the modern mind](#)
- [The Guided Meditation Site](#)
- [Fragrant Heart – Heart Centered Meditation](#)
- [Audio Dharma – Guided Meditations](#)
- [The Meditation Podcast](#)

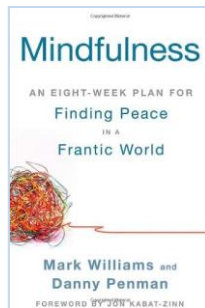
HELPFUL BOOKS:



TITLE: Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

AUTHOR: Jon Kabat-Zinn

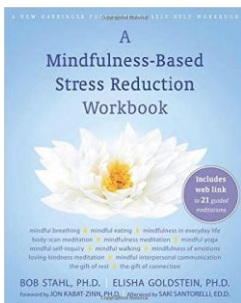
Click [HERE](#) to view on Amazon



TITLE: Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World

AUTHORS: Mark Williams, Danny Penman, Jon Kabat-Zinn

Click [HERE](#) to view on Amazon



TITLE: A Mindfulness-Based Stress Reduction Workbook

AUTHORS: Bob Stahl, Elisha Goldstein, Saki Santorelli, Jon Kabat-Zinn

Click [HERE](#) to view on Amazon

HELPFUL APPS:



Simply Being Guided Meditation: Provides 5-20 minute guided meditations.



The Mindfulness App: Guided meditations, sounds and quotes.



The Now – Practice Mindfulness: Provides reminders and quotes to help pull you out of autopilot



For more information, please contact us by phone at 719-649-4418 (PST) or by email at info@J-TAL.com.

www.J-TAL.com