

# M2 Introduction to Mindfulness Resource Guide

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The simplicity of the concept of mindfulness can seem... complicated. Above all, mindfulness is experiential. It's not about "doing it right," so dive right in and try some practices. There is so much great information available, but that can be overwhelming too. So we've put together a very short list of web resources, apps and books to get started at home or at work.

## WEB RESOURCES FOR GETTING STARTED WITH MINDFULNESS AND MEDITATION

- [Getting started with mindfulness](#), Mindful.org
- Short, guided meditations
  - 10-minute [desk meditation](#)
  - 5-minute [breath meditation](#)
  - 5-minute [self-compassion break](#)
  - 3-minute [body scan](#)
- And if you don't want to meditate
  - [Meditation Techniques For People Who Hate Meditation](#)
  - [Expressive Writing](#) and [Gratitude Journal](#)

## APPS WITH FREE TRIAL PROGRAMS

[Insight Timer](#)  
[Headspace](#)  
[Calm](#)  
[10% Happier](#)

## BOOKS

Harris, Dan	<i>10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works</i> , 2014
Kabat-Zinn, Jon	<i>Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life</i> , 2005
Salzberg, Sharon	<i>Real Happiness: The Power of Meditation</i> , 2010
Siegel, Daniel	<i>Mindsight: The New Science of Personal Transformation</i> , 2010
Thich Nhat Hanh	<i>The Miracle of Mindfulness: An Introduction to the Practice of Meditation</i> , 1999