

## Resources

### Meditation App

Sam Harris's Waking Up app has a guided meditation course, guided practices, talks and interviews. It costs \$100 for the year. I can send you a link for a free month if you're interested.

<https://www.wakingup.com/>

### Books

Tich Nhat Hanh - Miracle of Mindfulness (You have the pdf)

<https://amzn.to/3dKH6c4>

Tara Brach - Radical Acceptance

<https://amzn.to/2FKFYIU>

Robert Sapolsky – Why Zebras Don't Get Ulcers and Behave

<https://amzn.to/2T2g8TL>

<https://amzn.to/37iIQrR>

Jill Bolte Taylor – My Stroke of Insight

<https://amzn.to/2FEpRwi>

Sam Harris – Free Will

<https://amzn.to/349wb8D>

Joe Dispenza – Breaking the Habit of Being Yourself

<https://amzn.to/2T6Kjcg>

Sharon Salzberg – Lovingkindness

<https://amzn.to/2H9fily>

### Online courses

Mindfulness Based Stress Reduction 8-week online course

<https://www.soundstrue.com/products/the-mbsr-online-course-6>

Kristen Neff – Self-compassion step by step

<https://www.soundstrue.com/products/self-compassion-step-by-step>

### Documentary

Ram Dass – Fierce Grace documentary

<https://vimeo.com/ondemand/ramdassfiercegrace>