



Mindfulness for the Creative Mind | Resources

Great Videos

Meditation 101: A Beginner's Guide (animation, narrated by Dan Harris) | <https://youtu.be/rqoxYKtEWEc>

Meditation for Beginners - Featuring Dan Harris and Sharon Salzberg | https://youtu.be/mtsdz_jhB7c

Why Mindfulness Is a Superpower (animation, narrated by Dan Harris) | <https://youtu.be/w6T02g5hnT4>

How Mindfulness Empowers Us | <https://youtu.be/vzKryaN44ss>

Vipassana Meditation and Body Sensation: Eilona Ariel at TEDxJaffa 2013 | <https://youtu.be/ixu4Kd5R1DI>

Excellent Resources

Tara Brach's Meditation FAQs | <https://www.tarabrach.com/faq-for-meditation/>

10 Percent Happier: Meditation for Fidgety Skeptics | <http://www.10percenthappier.com/>
(Free meditation course: <http://www.10percenthappier.com/mindfulness-meditation-the-basics>)

Awesome Websites

Happify (membership-based but lots of free resources) | my.happify.com

TED's mindfulness page | <https://www.ted.com/topics/mindfulness>

Mindful Magazine | <http://www.mindful.org/>

Really Good Articles

[5 Reasons Why Everyone Should Meditate](#) (by Mindful Staff)

[Free Mindfulness Apps Worthy of Your Attention](#) (by Stephany Tlalka)

[4 Easy Ways to Be More Mindful at Work](#) (by Rachel Kable)

[How Google and Twitter Train Their Employees to be More Mindful](#) (by Leah Lamb)



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Books, books, books!

[*10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story*](#)

by Dan Harris

[*How to Meditate: A Practical Guide to Making Friends with Your Mind*](#)

by Pema Chödrön

[*The Science of Mindfulness: A Research-Based Path to Well-Being \(audio book/course\)*](#)

by The Great Courses/Professor Ronald Siegel

[*Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day*](#)

by Andy Puddicombe

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

by Jon Kabat-Zinn

[*Real Happiness: The Power of Meditation: A 28-Day Program*](#)

by Sharon Salzberg

[*Mindfulness for Beginners: Reclaiming the Present Moment and Your Life*](#)

by Jon Kabat-Zinn

[*Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness \(and World Peace\)*](#)

by Chade-Meng Tan

[*Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*](#)

by Mark Williams & Danny Penman

[*Practicing Mindfulness: An Introduction to Meditation*](#)

by The Great Courses/Professor Mark W. Muesse

[*Quantum Creativity: Think Quantum, Be Creative*](#)

by Amit Goswami