

Mindfulness Resources (Anti-Anxiety)

Books

- The Miracle of Mindfulness: An Introduction to the Practice of Meditation (Thich Nhat Hanh)
- Mindfulness: Mindfulness for Beginners - Change Your Life by Living Anxiety Free and Stress Free (Angel Greene)
- The Power of Now (Eckhart Tolle)
- 10-Minute Mindfulness: 71 Habits for Living in the Present Moment (Barrie Davenport)
- Unfu*k Yourself: Get out of your head and into your life (Gary John Bishop)
- Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety (Dr. Seth J. Gillihan)
- The Secret (Rhonda Byrne) — this is a documentary on Netflix, too.
- 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 (Dan Harris)

Phone Aps

- Insight Timer
- Moodtrack
- Relax & Rest
- Headspace
- Mindfulness Daily

Websites

- www.mindful.org (they publish a great magazine, too)
- www.pocketmindfulness.com
- happify.com

Ted Talks

- All it takes is 10 mindful minutes (Andy Puddicombe)
- How to make stress your friend (Kelly McGonigal)
- One deep breath (Ben Ahrens)