

# Mindfulness Resources

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## WEB SITES

<http://www.insightla.org>

[dharmaeed.org](http://dharmaeed.org)

[cfmhome.org/welcome](http://cfmhome.org/welcome)

[freemidfulness.org/download](http://freemidfulness.org/download)

[tarabrach.com](http://tarabrach.com)

[mindfulnessandmore.com](http://mindfulnessandmore.com)

[Soundstrue.com](http://Soundstrue.com)

<http://marc.ucla.edu/body.cfm?id=22>

## APPS

insight timer

zen mindfulness

Buddhify

## EDUCATION

Still Quiet Place by Dr. Amy Saltzman

Mindful Schools

Sit Like a Frog

The Way of Mindful Education by

Daniel Rechtschaffen

Learning to Breathe by Trish Broderick

## ADDICTION

The Craving Mind...Dr. Judson Brewer

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to be shared with BETA Rho*