

## BECOMING A MORE MINDFUL MANAGER

### RESOURCES

#### BOOKS

- Brach, T. (2003). *Radical acceptance: Embracing your life with the heart of a Buddha (1st ed.)*. Bantam.
- Chodron, P. (1994). *Start where you are: A guide to compassionate living (1<sup>st</sup> ed.)*. Shambala Publications.
- Dass, R. (1971). *Be here now (1<sup>st</sup> ed.)*. Lama Foundation.
- Hahn, T.N. (2017). *The art of living: Peace and freedom in the here and now*. Harper Collins.
- Kabatt-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. Hyperion.
- Kornfield, J. (1993). *A path with heart: A guide through the perils and promises of spiritual life*. Bantam.
- Marturano, J. (2014). *Finding the space to lead: A practical guide to mindful leadership*. Bloomsbury Press.

#### ONLINE ARTICLES

- Craig, H. (2021, November 25). *Mindfulness at work: Using mindful leadership in the workplace*. Positive Psychology. <https://positivepsychology.com/mindfulness-at-work>
- Rinzler, L. (2015, June 2). *Everything you need to know about meditation posture*. Yoga Journal. <https://www.yogajournal.com/meditation/how-to-meditate/everything-need-know-meditation-posture>

#### PODCAST

- Dass, R. (Host). (2012 – present). *Ram Dass here and now* [Audio podcast]. <https://beherenownetwork.com/category/ram-dass>

#### WEBSITES

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| <a href="http://tarabrach.com">tarabrach.com</a><br><i>Meditation, healing, and spirituality</i> | <a href="http://plumvillage.org">plumvillage.org</a><br><i>Mindfulness library, podcasts, and community</i> |
| <a href="http://ramdass.org">ramdass.org</a><br><i>Teachings, podcast, events and more</i>       | <a href="http://mindful.org">mindful.org</a><br><i>Learn how to meditate, resources</i>                     |

#### VIDEOS

##### Guided Compassion Meditation

- UNH Health & Wellness. (2011, December 23). *Loving kindness meditation* [Video]. YouTube. <https://www.youtube.com/watch?v=sz7cpV7ERsM>

##### 10 Min Guided Mindfulness Meditation


- Hugo Timeflies. (2020). *10 Min guided mindfulness meditation | Jon Kabat Zinn* [Video]. YouTube. <https://www.youtube.com/watch?v=2GjZanuXWWk>

##### Seven Practices of a Mindful Leader

- Talks at Google. (2019). *Seven practices of a mindful leader | Marc Lesser* [Video]. YouTube. <https://www.youtube.com/watch?v=XwlqGnpcAS0&t=8s>

#### APPS

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|---------------|-------------------|
| Happify       | Mindfulness Coach |
| Insight Timer | Smiling Mind      |

  
24 HOURS  
A DAY  
800-222-0364  
TTY: 888-262-7848  
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