

Mindfulness and meditation resources

Books



How to Relax by Thich Nhat Hanh

How to Sit by Thich Nhat Hanh

Yoga for Cancer by Tari Prinster

Websites



UH Connor Whole Health Network
uhhospitals.org/ConnorWholeHealth

Foundation for a Mindful Society
mindful.org

Ten Percent Happier
Tenpercenthappier.org

Thich Nhat Hanh Foundation
thichnhatanhfoundation.org

Apps and podcasts



Apps

Stop, Breathe, & Think

Headspace

Calm

Smiling Mind

Insight Timer

Podcasts

Finding Calm in Cancer

Mindful in Minutes