**Mindfulness references**

**Headspace**

<http://www.getsomeheadspace.com/how-to-meditate.aspx>

**Free mindfulness guided practices**

<http://www.freemindfulness.org/download>

* guided mindfulness exercises
* mindfulness of breath
* body scan
* sitting meditations
* guided imagery.

**Mindfulness Association**

<http://www.mindfulnessassociation.org/>

**Mindfulness Research Guide**

Informing mindfulness research and practice.

<http://www.mindfulexperience.org/>

**Mindfulness in Schools Project**

<http://mindfulnessinschools.org/>

**Youth Mindfulness**

<http://youthmindfulness.co.uk/>

**Mindfulness for Students**

<http://mindfulnessforstudents.co.uk/students/>

**Books**

[*Mindfulness: A practical guide to finding peace in a frantic world*](http://www.amazon.co.uk/Mindfulness-practical-guide-finding-frantic/dp/074995308X/ref=sr_1_1/279-1347215-0149346?ie=UTF8&qid=1401873901&sr=8-1&keywords=mindfulness+frantic+world) by Mark Williams and  [Danny Penman](http://www.amazon.co.uk/Dr-Danny-Penman/e/B0050A9Q5A/ref=sr_ntt_srch_lnk_1?qid=1401873901&sr=8-1), Piatkus, 2011

*Mindfulness for Health* by Vidyamala Burch and Danny Penman, Piatkus, 2013

*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Hyperion Books, 2005.