MEDITATION RESOURCE LIST

INTRODUCTION TO MINDFULNESS AND MEDITATION FOR ATTORNEYS

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**WEBSITES:**

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

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

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

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

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

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

staneisenstein.com

**PODCASTS:**

Ten Percent Happier

12 Minute Meditation

Tara Brach

Jonathon Foust

**PHONE APPS**

Insight Timer

Meditation

Calm

10% Happier

Plum Village