

Five Mindfulness Websites

<http://www.mindful.org>

With sections on how to be mindful at work, at home, and in your life. It has wonderful how-to's on mindfulness practice and articles from the thought leaders in the field.

<http://www.freemindfulness.org>

Freemindfulness is a website which gathers resources from a community of mindfulness practitioners. There is a 'free resources' section with mindfulness practices to download.

<https://goamra.org>

For those interested in the research and science behind Mindfulness, The American Mindfulness Research Association was founded in 2013 and is a website that brings together the latest research in Mindfulness. They have a monthly research letter that you can subscribe to.

<http://www.pocketmindfulness.com>

Pocketmindfulness is a perfect starting place for people who want to try mindfulness but don't know where to start. Alfred James has created a website which is easily accessible and makes starting easy and fun.

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

The UCLA Mindful Awareness Research Center has a web page of free mindfulness meditations to download and try. A great place to start or try new things.