

MEDITATION RESOURCES *attain*



Meditation Apps:

Headspace www.headspace.com
Calm www.calm.com
Insight Timer insighttimer.com



Books:

Meditation for Fidgety Skeptics
The Headspace Guide to Mindfulness & Meditation
10% Happier
Breathing Space
Breath



Podcasts:

Ten Percent Happier - Dan Harris
Feel Better Live More - Dr Rangan Chatterjee
The Happiness Lab
Happier With Gretchen Rubin
Brene Brown

Other resources

Andy Puddicombe - TED Talk - Andy's books on Amazon
Tamara Levitt, creator of Calm - www.tamaralevitt.com



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