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Mindfulness for Teachers

Flook, L., Goldberg, S. B., Pinger, L., Bonus, K., & Davidson, R. J. (2013). Mindfulness for teachers: A pilot study to assess effects on stress, burnout, and teaching efficacy. *Mind, Brain, and Education*, 7(3), 182–195.

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Mindfulness and Religion

<https://bigthink.com/think-tank/divorcing-mindful-meditation-from-religion-with-sam-harris>

<https://www.mindfulschools.org/foundational-concepts/mindfulness-and-secularity/>

Research on Mindfulness

<https://www.mindful.org/the-magnificent-mysterious-wild-connected-and-interconnected-brain/>

<https://www.mindfulschools.org/about-mindfulness/research/>

[Mental Hygiene--Madison researcher uses modern neuroscience to study kindness, compassion & happiness](#)

[Mindfulness: A Guide for Teachers by Dr. Amy Saltzman](#)

Books on mindfulness

Davidson, R. & Goleman, D. (2017). *Altered Traits: Science Reveals How Meditation Changes your Mind, Brain, and Body*. New York: Avery

Hanson, R. (2013). *Hardwiring happiness: The new brain science of contentment, calm, and confidence*. New York: Harmony Books.

Hanson, R. & Mendius, R. (2009). *Buddha's Brain: The practical neuroscience of happiness, love, & wisdom*. CA: New Harbinger Publications.

Kabat-Zinn, M. & Kabat-Zinn, J. (1997). *Everyday Blessings: The inner work of mindful parenting*. New York: Hyperion.

Kabat-Zinn, J. *Wherever you go, there you are: mindfulness meditation in everyday life*.

Williams, M. & Penman, D (2011). *Mindfulness: An eight-week plan for finding peace in a frantic world*. United States: Rodale Inc.

Books on mindfulness in education

[The way of Mindful Education](#) by Daniel Rechtschaffen

[The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students](#) by Daniel Rechtschaffen

[MindUp Curriculum K-12](#)

[Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything](#) by Deborah Shoeberlein David

[Teach, Breathe, Learn: Mindfulness in and out of the classroom](#) by Meena Srinivasan

[Mindful Games: Sharing mindfulness and meditation with children, teens, and families](#) by Susan Keiser Greenland

Books for students and their families

[Puppy Mind](#) by Andrew Nance

[Sitting Still Like a Frog](#) by Eline Snel

[Ahn's Anger](#) by Gail Silver

[Charlotte and the Quiet Place](#) by Deborah Sosin

I am Peace by Susan Verde

The Mindful Teen by Dzung X. Vo, MD

Training Opportunities

Growing Minds Today <http://www.growingmindstoday.com/>

[Mindful Schools](#)

[Association for Mindfulness in Education](#)

[Calm Classroom](#)