

Curated Resources on Mindfulness & Meditation



Guided Meditation Apps

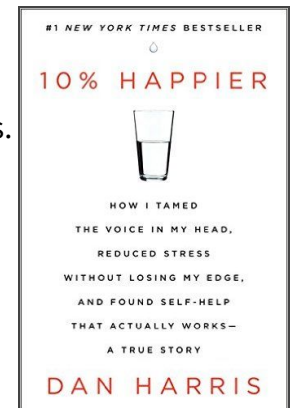
- **Headspace** Highly recommended. A guided meditation app and an online community founded by Andy Puddicombe. The sound quality of Andy's voice alone will bring you the present moment, and then the teachings he incorporates in each meditation are concise and easy to understand. If you elect for the paid version, you'll have hundreds of meditations at your disposal. Andy also has a great TED talk, just enter his name on youtube to find it. www.headspace.com
- **Calm** Also a meditation app. We have not personally tried Calm but it certainly has lots of positive reviews. www.calm.com



Books

These are all beginning books on mindfulness, or as Eckhart Tolle calls it, presence. All will introduce you to the basics in brilliant but slightly different ways.

- *Radical Acceptance* by Tara Brach
- *10% Happier* by Dan Harris
- *The Power of Now* by Eckhart Tolle
- Jon Kabat-Zinn: numerous options, including *Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life*



Talks/Online Meditations/Videos

My goodness, there are so many wonderful videos online these days by master teachers. These are just a handful that span beginning teachings (Tara Brach) to actual improvised meditations at conferences, some of which we have witnessed live (Eckhardt Tolle, Jon Kabat-Zinn).

- Tara Brach - any of the talks on this page are a fantastic place to start learning the basics of mindfulness and meditation. You can choose video or audio. <https://www.tarabrach.com/talks-for-beginners/>
- *Why Mindfulness Is a Superpower: An Animation* A short (2:30) youtube video must-watch on what mindfulness is. Appropriate for kids or reluctant adults.
- *The Power of the Present Moment* by Eckhardt Tolle on stage at Wisdom 2.0 2014. He will put a spell on you! <https://www.youtube.com/watch?v=foU1qgOdtwg&t=1359s>
- *Relational Intelligence in Healthcare*. Dr. Laura Esserman, breast cancer surgeon and researcher at UCSF, talks about the importance of customizing medical treatment to the individual. Patient centered care is being implemented at the highest level of medicine, so why should audiology not follow suit? We feel that every patient deserves to be highly cared for, not only those coming in for surgery. We found this talk inspiring. <https://www.youtube.com/watch?v=xnTcVCRpA50>
- *Relentless (Non)Pursuit of a More Mindful World*. Jon Kabat-Zinn & Soren Gordhamer on “being, not doing” in today's digital and political landscape. JKZ provides wisdom about what to do when you recognize a difficult moment has happened (i.e., what do you do next?) http://wisdom2conference.com/Videos/myriad_single_element/2840

Podcasts

- **Dan Harris 10% Happier**- Charismatic Dan Harris podcasts are refreshing for when you're wanting to learn more but need a break from the woo-woo.

- <https://itunes.apple.com/us/podcast/10-happier-with-dan-harris/id1087147821>
- **Tim Ferriss Show** If you don't know who Tim Ferriss is, just youtube or google him and you'll find out quickly. His podcast is about deconstructing excellence. Guests range from renowned neuroscientists to Arnold Schwarzenegger.
 - *Tara Brach on Meditation and Overcoming FOMO (Fear Of Missing Out)*. This talk is fantastic because when Tim interviewed her, he was just beginning to develop his own meditation practice and asked many practical and pertinent questions. There are numerous other podcasts on Tim's blog about meditation.
http://tim.blog/2015/07/31/tara-brach/?utm_source=twitterfeed&utm_medium=twitter

Websites

- **Mindful** <http://www.mindful.org/>
- **American Mindfulness Research Association** <https://goamra.org/>
- Dan Harris's site "Interested in meditation, but allergic to woo-woo?"
 - <http://www.10percenthappier.com/mindfulness-meditation-the-basics/>
- **Wisdom 2.0** Resources and conferences about how to live mindfully in the digital age. This website has something for everyone, guaranteed! www.wisdom2summit.com



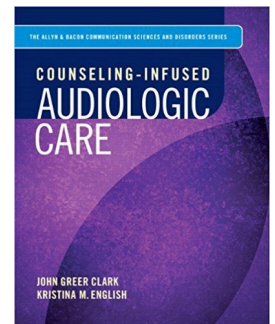
Toys

- **Muse, The brain sensing headband.** This meditation "toy" uses EEG to gamify meditation. It measures your brainwaves and provides real time audio feedback in order to help you relax into the alpha state, which is the state we experience when in deep meditation. It's fun.
 - <http://www.choosemuse.com/>



Audiology-Related

- *Counseling Infused Audiologic Care* by John Greer Clark and Kristina English
- *Mindfulness Based Tinnitus Stress Reduction* by Jennifer Gans, PsyD
- Mark Ross articles www.hearingresearch.org/ross/index.php
- Academy of Rehabilitative Audiology (ARA) www.audrehab.org/



Papers/Articles

Ekberg, K., Grenness, C., & Hickson, L. (2014). Addressing patients' psychosocial concerns regarding hearing aids within audiology appointments for older adults. *American journal of audiology*, 23(3), 337-350.

Grenness, C., Hickson, L., Laplante-Lévesque, A., Meyer, C., & Davidson, B. (2015). The nature of communication throughout diagnosis and management planning in initial audiologic rehabilitation consultations. *Journal of the American Academy of Audiology*, 26(1), 36-50.