



How to Meditate Resources

With dedication, sincerity and practice, anyone can learn to meditate. And while there isn't necessarily a "right way" to meditate, there are innumerable resources available to make adopting and leaning into the practice more easily. Here are a few of my favorites:

BOOKS

- Bliss More: How to Succeed in Meditation Without Really Trying by Light Watkins
- Falling Awake: How to Practice Mindfulness in Everyday Life by Jon Kabat-Zinn
- How Now: 100 Ways to Celebrate the Present Moment by Raphael Cushnir and Pornchai Mittongtare
- How to Meditate: A Practical Guide to Making Friends with Your Mind by Pema Chödrön
- 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story Book by Dan Harris

APPS

- Insight Timer (my favorite)
- Headspace
- Calm
- 10% Happier

ARTICLES

Zen Habits: zenhabits.net/meditation-guide/

Gaiam: [gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to](https://www.gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to)

The Conscious Life: theconsciouslife.com/how-to-meditate-a-guide-for-beginners.htm

PODCASTS

- The OneMind Podcast
- The Mindful Minute Podcast
- Tara Brach Podcast
- I Should Be Meditating Podcast
- Ten Percent Happier Podcast
- The Daily Meditation Podcast



AWAKEN. BLOOM. FLOURISH.
THRIVE