**MINDFULNESS RESOURCES FOR LAWYERS**

**BOOKS**

Germer, C. K. (2009). *The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions.*New York: Guilford Press.

Bennett-Goleman, T. (2001). *Emotional alchemy: How the mind can heal the heart.*New York: Three Rivers Press.

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Gilbert, P. (2009). *The compassionate mind.* London: Constable.

Goldstein, J., & Kornfield, J. (1987). *Seeking the heart of wisdom: The path of insight meditation.* Boston: Shambhala.

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**ARTICLES**  
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Cohen, J., "Mindfulness and Stress" The Recorder (May 15, 2012)  
  
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**MaGee, Rhonda, “Life experience and cognitive science deepen the case for mindfulness in the law,” 102 American Bar Association Journal (2016)**

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Zeglovich, R.  The Mindful Lawyer, GPSolo Magazine (2006)

**MINDFUL LAWYER WEBSITES**  
[Center for Mindfulness](http://www.umassmed.edu/content.aspx?id=41252) - <http://www.umassmed.edu/> (Jon Kabat-Zinn)  
  
[Mindfulness in Law](http://www.mindfulnessinlaw.com/) - http://mindfulnessinlaw.org/  
  
[Institute for Mindfulness Studies](http://www.mindfulliving.net/) - <http://www.mindfulliving.net/> (Scott Rogers)  
  
[Neuroscience and Conflict Resolution](http://www.brainsonpurpose.com/) - http://westallen.typepad.com/brains\_on\_purpose/  
  
[Warrior One](http://warriorone.com) - <http://warriorone.com/> (Judi Cohen)

Everyday Zen - <http://www.everydayzen.org/> (Norm Fischer)

**GENERAL MINDFULNESS WEBSITES**

*Mindful* website: [www.mindful.org](http://www.mindful.org/)

The Mindfulness Institute: [www.mindfulnessinstitute.ca](http://www.mindfulnessinstitute.ca/)

The Compassionate Mind Foundation: [www.compassionatemind.co.uk](http://www.compassionatemind.co.uk/)

Mindful Awareness Research Center at University of California Los Angeles: [www.marc.ucla.edu](http://www.marc.ucla.edu/)

University of California at San Diego Center for Mindfulness: [mindfulness.ucsd.edu/](http://mindfulness.ucsd.edu/)

Mind and Life Institute: [www.mindandlife.org](http://www.mindandlife.org/)

The Center for Contemplative Mind in Society: [www.contemplativemind.org](http://www.contemplativemind.org/)

The Wellspring Institute for Neuroscience and Contemplative Wisdom: [www.wisebrain.org](http://www.wisebrain.org/)

**MINDFULNESS VIDEOS**Why Mindfulness Is a Superpower: An Animation: https://www.youtube.com/watch?v=w6T02g5hnT4

All it takes is10 minutes (Andy Puddicombe – Headspace.com): https://youtu.be/qzR62JJCMBQ