References

Kabat-Zinn, Jon. (2013). Full catastrophe living : Using the wisdom of your body and mind to face stress, pain, and illness. New York : Bantam Books,

The Center for Mindfulness in Medicine, Health Care, and Society contains links to a variety of international mindfulness classes, retreats and research articles

<https://www.umassmed.edu/cfm/>

Hospice of the Valley has a list of upcoming local Mindfulness classes

https://hov.org/for-the-community/mindfulness

And free guided audio meditations

<https://hov.org/for-the-community/mindfulness/mindfulness-practices/>