

Mindfulness and meditation resources

Books



Order online or find them at your library or
UH Seidman Cancer Center
Learning Resource Center at
Cleveland Medical Center

How to Relax by Thich Nhat Hanh

How to Sit by Thich Nhat Hanh

Yoga for Cancer by Tari Prinster

Websites



UH Connor Integrative Health Network
uhhospitals.org/services/integrative-medicine

Health Journeys
healthjourneys.com

Foundation for a Mindful Society
mindful.org

Thich Nhat Hanh Foundation
thichnathanhfoundation.org

Phone apps and Podcasts



Stop, Breathe, & Think
Headspace

Calm

Smiling Mind

10% Happier

Mindful in Minutes Podcast

Insight Timer