

**Jodi Baretz** LCSW

Psychotherapist, Health Coach and Author



## Additional Resources

The following is a smattering of mindfulness-centered books, websites, organizations, mobile apps and other resources that have inspired me to embrace and fully live a conscious life—and can help you do the same.

### EATING AND NUTRITION

- Institute for Integrative Nutrition, Health Coach Training Program. [integrativenutrition.com](http://integrativenutrition.com)
- “Am I Hungry” Mindful Eating Programs and Training, [amihungry.com](http://amihungry.com)
- Institute for the Psychology of Eating, The World’s Leading School in Nutritional Psychology, [psychologyofeating.com](http://psychologyofeating.com)

### HOLISTIC CENTERS AND STUDIES

The Center for Health and Healing, Mt. Kisco, NY, [center4healing.net](http://center4healing.net)  
Westchester Buddhist Center, Irvington, NY, [westchesterbuddhistcenter.org](http://westchesterbuddhistcenter.org)  
Omega Institute for Holistic Studies, Rhinebeck, NY, [eomega.org](http://eomega.org)  
New York Insight Meditation Center, New York, NY, [www.nyimc.org](http://www.nyimc.org)  
Center for Mindfulness, University of Massachusetts Medical School, Shrewsbury, MA, [umassmed.edu/cfm](http://umassmed.edu/cfm)  
Kripalu Center for Yoga and Health, Stockbridge, MA, [kripalu.org](http://kripalu.org)  
Greater Good Science Center, Science-based Insights for a Meaningful Life, University of California, Berkeley, CA, [greatergood.berkeley.edu](http://greatergood.berkeley.edu)  
The Center for Mindful Living, Los Angeles, CA, [mindfullivingla.org](http://mindfullivingla.org)



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## Additional Resources

### WEBSITES

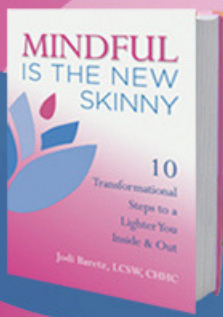
- **Hayhouse.com**, publisher of inspirational and transformational books and products. (I highly recommend their Hay House World Summit: [hayhouseworldsummit.com](http://hayhouseworldsummit.com))
- **Mindful.org**
- **Everyday-mindfulness.org**
- **Freemindfulness.org**
- UCLA Mindful Awareness Research Center, [marc.ucla.edu/mindful-meditations](http://marc.ucla.edu/mindful-meditations)
- **Mindfulnessforteens.com**
- **Eileenfisherlifework.com**
- **Jewelneverbroken.com** (singer-songwriter Jewel's movement to make happiness a habit)

### APPS

For adults: There are many mindfulness apps out there; I recommend Insight Timer, Headspace, 10% Happier, The Mindfulness App, Breathe and Calm

For children: Mindfulness for Children

For teens: Stop, Breathe, and Think; Smiling Mind; and Take a Break!



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## Additional Resources

### **BOOKS FOR FURTHER READING THAT HAVE CHANGED MY LIFE**

Jen Sincero, You are a Badass

Brene Brown, Daring Greatly, and all her other books

Byron Katie, Loving What Is

Don Miguel-Ruiz- The 4 Agreements

Jon Kabat-Zinn- Wherever you go, there you are

Pema Chodron- How to Meditate, When things fall apart

Louise Hay- How to heal your life and all her other books

Ali Katz- Hot Mess to Mindful Mom, Get the Most out of Motherhood

Eckhart Tolle- The Power of Now, The New Earth

Dan Harris-10 % Happier

Kristen Neff- Self Compassion

Elisha Goldstein, PhD, Bob Stahl, A Mindfulness Stress Reduction Workbook

Susan Albers PsyD- Eating Mindfully

Jan Chozen Bays. Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food