

Shared Resources and Tools

- [How to Read Nature, book by Tristan Gooley](#)
- [Mindful Magazine](#)
- [Center for Mindfulness, UMass](#)
- Hotline to Peace: 360-385-2200 x2238
- [eNaropa: Mindful at Work, 8-week online course \(also free 7-day course\)](#)
- Mindfulness-Based Emotional Intelligence Facilitator's Guide
- [Becoming a Resonant Leader, book by McKee, Boyatzis, Johnston](#)
- [The Mind of the Leader, book by Hougaard and Carter](#)
- [Awakening Compassion at Work, book by Worline and Dutton](#)
- [Center for Healthy Minds](#)
- [Shakti Leadership, book by Raj Sisodia and Nilima Bhat](#)
- [Greater Good Science Center:](#)
- [Palouse Mindfulness Online Free MBSR Materials](#)
- [TED: "Color Blind or Color Brave", Melody Dobson](#)
- [TED: "The Danger of a Single Story", Chimamanda Ngozi Adichie](#)
- [TEDx: "Sit Up and Pay Attention", Deborah Hendricks](#)
- [TheCalmMonkey.com: Change management and meditation \(Wendy Quan\)](#)
- [Center for Mindfulness in Medicine, UMass](#)
- [Healthcare and Society MBSR Curriculum](#)
- [Re:Work with Google \(open source employee training\)](#)
- [Mindful of Race, Ruth King \(also an interview on Goodlife Project Podcast\)](#)
- [Radical Dharma, book by Angel Kyodo Williams](#)
- [CTZNWELL podcast \(see Angel Kyodo Williams' interview to begin\)](#)
- [Mindful Education Online Training - Daniel Rechtshaffen](#)
- [Harvard "Project Implicit" IAT : Implicit Association Test](#)
- [BlindSpot, book by Banaji, Greenwald, Martin](#)
- [Rhonda Magee - How Mindfulness Can Defeat Racial Bias](#)
- [Lueke & Gibson, "Mindfulness Meditation Reduces Implicit Age and Race Bias"](#)
- [Black Lives Matter - Healing Justice Toolkit](#)
- [IMTA - International Mindfulness Teacher's Association](#)
- [UCLA, MARC - the Mindful Facilitator Teacher Training Program](#)
- Public health dissemination and implementation science tools/frameworks
- [Cohen's Perceived Stress Survey \(PSS\)](#)
- [Work Limitations Questionnaire \(WLQ\)](#)
- [Mindful Education Resources](#)
- [American Mindfulness Research Association](#)
- [Trauma Sensitive Mindfulness, book by David Treleaven](#)
- [Work on Unconscious Bias via Be More America](#)

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