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www.focusing.org The focusing Institute website

www.focusingresources.com Ann Weiser Cornell's website

www.creatingconnections.com Jane Quayle's website

www.tarabrach.com Tara Brach Mindfulness teacher – based in Buddhist tradition

www.MarkRobertWaldman.com Mark Waldman –tips and techniques for well being

www.breathworks-mindfulness.org.au Vidyamala Burch for chronic pain

www.mrsmindfulness.com Melli O'Brien – mindfulness teacher - Australian - secular although loves all traditions

www.elsishagoldstein.com Elisha Goldstein - Wrote a book - Uncovering Happiness - overcoming depression with mindfulness.

www.oxfordmindfulness.org Mark Williams - - Psychologist - The Oxford Mindfulness centre

www.compassionatewellbeing.co.uk Paul Gilbert - Compassion and mindfulness - has written books

www.shamashalidina.com Shamash Alidina Wrote a book Mindfulness for dummies