

Websites:

[www.focusing.org](http://www.focusing.org) The focusing Institute website

[www.focusingresources.com](http://www.focusingresources.com) Ann Weiser Cornell's website

[www.creatingconnections.com](http://www.creatingconnections.com) Jane Quayle's website

[www.tarabrach.com](http://www.tarabrach.com) Tara Brach Mindfulness teacher – based in Buddhist tradition

[www.mrsmindfulness.com](http://www.mrsmindfulness.com) Melli O'Brien – mindfulness teacher

[www.MarkRobertWaldman.com](http://www.MarkRobertWaldman.com) Mark Waldman

[www.elsishagoldstein.com](http://www.elsishagoldstein.com) Elisha Goldstein - Wrote a book - Uncovering Happiness -  
-  
overcoming depression with mindfulness.

[www.oxfordmindfulness.org](http://www.oxfordmindfulness.org) Mark Williams - - Psychologist - The Oxford Mindfulness centre

[www.compassionatewellbeing.co.uk](http://www.compassionatewellbeing.co.uk) Paul Gilbert - Compassion and mindfulness - has written books

[www.shamashalidina.com](http://www.shamashalidina.com) Shamash Alidina Wrote a book Mindfulness for dummies

[www.breathworks-mindfulness.org.uk](http://www.breathworks-mindfulness.org.uk) Vidyamala Burch – chronic pain

[www.actmindfully.com.au](http://www.actmindfully.com.au) Russ Harris ACT

Self compassion exercises:

<http://www.self-compassion.org/test-your-self-compassion-level.html>

UWS

<http://www.uws.edu.au/currentstudents/currentstudents/servicesandfacilities/counsellingservices/stressandyourwellbeing/relaxationrecording>

**Sydney Uni**

<http://sydney.edu.au/currentstudents/counselling/get-help/guided-exercises/mindfulness.shtml>