WELL-BEING & POSITIVE PSYCHOLOGY:

- Greater Good Science Center (UC Berkeley)
- VIA Institute on Character
- Center for Healthy Minds (Univ. of Wisconsin Madison)
- Well-Being Laboratory (Virginia Commonwealth University)

MINDFULNESS RESOURCES:

- Self-Compassion Guided Meditations and Exercises (from Dr. Kristen Neff)
- Mindful: Healthy Mind, Healthy Life
- Palouse Mindfulness (Online Mindfulness-Based Stress Reduction)
- The Pema Chodron Foundation
- Deepak Chopra - Official Website
- Mind-Body-Green