

# Bibliography

## *Mindfulness and the Brain*

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## *Mindfulness and the Brain*

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<http://www.edutopia.org/pdfs/stw/edutopia-stw-reducingstudentstress-visvalley-primer.pdf>

**Resources and Downloads on Mindfulness,** from *Edu-topia*

<http://www.edutopia.org/stw-student-stress-meditation-resources-downloads>

**Learning to BREATHE: A Mindfulness Curriculum for Adolescents**

<http://learning2breathe.org/>

**Guardian Teacher Network (*The Guardian, UK*)** “How to teach mindfulness in the classroom.”

<http://www.guardian.co.uk/education/teacher-blog/2013/jun/24/mindfulness-classroom-teaching-resource>

**Mindfulness: A Teacher’s Guide,** by Dr. Amy Saltzman, M.D.

<http://www.pbs.org/thebuddha/teachers-guide/>

**Tips for Teaching Mindfulness to Kids,** by Megan Cowan

[http://greatergood.berkeley.edu/article/item/tips\\_for\\_teaching\\_mindfulness\\_to\\_kids/](http://greatergood.berkeley.edu/article/item/tips_for_teaching_mindfulness_to_kids/)

See also,

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