**Selected Resources**

**Mind-Based Learning 2012**

**Punahou Lab School**

**Dr. Karen Morell and Dr. Ben McCune**

**University of Washington TRIO Training Programs**

**UW TRIO Training Resources--** <http://globalquest.info>

Video links on UW site include:

Carol Dweck interviews: <http://uwtrio.org/mindset>

**Resources**

Biegel, Gina, *The Stress Reduction Workbook for Teens*, New Harbinger Publications, 2009

Davidson, Richard J, <http://www.investigatinghealthyminds.org/index.html>

Dweck, Carol*: Mindset: The New Psychology of Success*, 2006, Random House

[http://Brainology.us](http://brainology.us/) For information, Free Trial, and Purchase, and

<http://mindsetworks.com>

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

Hawn, Goldie, *10 Mindful Minutes*, 2011, A Perigee Book, Penguin Group

MindUP <http://www.thehawnfoundation.org/mindup>

With Daniel J. Siegel, MD on TEDMED 2009

<http://www.youtube.com/watch?v=1OdBXGHwNCk>

Kabat-Zinn, Jon*, Full Catastrophe Living*, Delacourte Press, 1990

*Wherever You Go, There You Are*, Hyperion, 2005

<http://www.mindfulnesstapes.com/>

<http://www.mindfullivingprograms.com/whatMBSR.php/>

Learning to Breathe—A Mindfulness Curriculum for Adolescents, <http://learning2breathe.org/>

Mindful Schools <http://www.mindfulschools.org/>

*MINDUP Curriculum*, Scholastic Inc., 2011 (Hawn Foundation)

Siegel, Daniel, *Mindsight: The New Science of Personal Transformation*, Random House, 2010

Siegel, Daniel and Bryson, Tina Payne, *The Whole-Brain Child*, Delcorte Press, 2011

<http://drdansiegel.com/books_and_more/>, <http://mindsightinstitute.com/>