

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](#)