For Lay Audiences:


Apps for Phone:
**Insight Timer** with bells for daily meditation:

**Description:** The Insight Timer is a fun, connected way to support your meditation practice and connect with a worldwide meditation community.

**Lotus Bud Mindfulness Bell. This app was crafted to be a simple reminder to wake up and be mindful as you throughout the day:**

For Professionals:
A Website that offers a secular view of all the latest research and the most important aspect— “Remember to Breathe” plus great information on Interpersonal Neurobiology (IPNB). The site includes a summary of all the major neuroscientific research which indicates that the ultimate source of stress and emotional suffering is something more internal – the functioning of your own brain. Link: [http://www.remember-to-breathe.org/](http://www.remember-to-breathe.org/)
