

Selected Sources for L2B Foundation Course

Curriculum Manual and Associated Resources

Broderick, P. C. (2021). *Learning to BREATHE: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance (2nd Edition)*. Oakland, CA: New Harbinger Publications

Broderick, P. C. (2021). *Learning to Breathe Student Workbook: A Six-Week Mindfulness Program for Adolescents (2nd Edition)*. Oakland, CA: New Harbinger Publications.

Broderick, P.C. (2024). *Aprende a respirar: Learning to BREATHE* (Spanish Edition). Amazon Kindle Direct.

Broderick, P. C. (2019). *Mindfulness in the Secondary Classroom: A Guide for Teaching Adolescents* (SEL Solutions Series - Social and Emotional Learning Solutions). N Y: W. W. Norton & Company.

Section 1: Introduction to Mindfulness

American Mindfulness Research Association (AMRA): www.goamra.org

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Section 3: Themes

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R Theme

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E Theme

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A Theme

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T Theme

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Resources for Learning about Mindfulness and Developing Your Own Practice

Mindfulness classes can be found in most locations in the US as well as in many countries worldwide. Here are some notable examples. These suggestions represent centers that teach MBSR because that is the orientation of L2B and because MBSR is the most widely researched mindfulness curriculum in the world at this point. There are many other approaches to bringing mindfulness into your life, so this list is not exhaustive, and you may wish to search your local area for mindfulness classes.

Mindfulness- Based Stress Reduction (MBSR) Center for Mindfulness UMASS
<https://www.ummhealth.org/services-treatments/center-mindfulness>

Davis Behavioral Health, Layton, Utah
<https://www.dbhutah.org/mindfulness/>

Yale Stress Center
<https://medicine.yale.edu/stresscenter/reduction/mbsr/>

Penn State College of Medicine
<https://med.psu.edu/mindfulness/mbsr>

University of VA Mindfulness
<https://med.virginia.edu/mindfulness-center/programs/online-mindfulness-based-stress-reduction-mbsr-fostering-resilience-in-the-time-of-covid-19/>

Northwestern University
<https://www.northwestern.edu/religious-life/explore-our-programs/mindfulness/mindfulness-based-stress-reduction.html>

Kaiser Permanente Health System
<https://healthy.kaiserpermanente.org/northern-california/health-wellness/classes-programs/details/mindfulness-based-stress-reduction-series>

University of California San Diego

<https://cih.ucsd.edu/mindfulness/mindfulness-based-stress-reduction-mbsr-program>

Palouse Mindfulness (free online MBSR)

<https://palousemindfulness.com/index.html>

The Mindfulness Network (UK)

<https://www.mindfulness-network.org>

British Association of Mindfulness-Based Approaches (BAMBA)

<https://bamba.org.uk/affiliated-organisations/>

Mindfulness programs in Australia

<https://mindfulnessaus.com.au>