

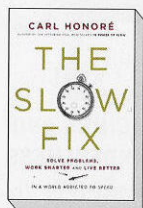


LOOK UP, LOOK OUT

Stop staring at all those screens so much!
Take a minute. Find a window. Look at the sky.
Find more on Twitter @mindfulinterrupter

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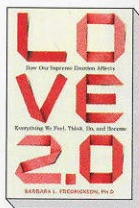
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THE SLOW FIX

Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed By Carl Honoré

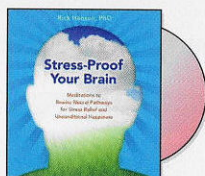
Slow down. Isn't that annoying to hear, particularly if it's delivered in that ultra-drawn-out voice that tries to be soothing? You might not say it out loud but you could well be thinking, "That's easy for you to say" or "Who has time to slow down?" In his second book on the subject, Carl Honoré, author of *In Praise of Slow*, slips past those objections with his honesty and self-deprecating tone, plus some great stories of speed gone bad. He makes a compelling case and offers real advice you can put into practice now. And hurry up about it.



LOVE 2.0

How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become By Barbara Fredrickson

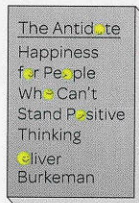
What's love got to do with it? Everything, according to positive emotion psychologist Barbara Fredrickson. But, she says, we focus too much on the "falling in" part and the kind of love that we share with a mate. But love is too deep in our marrow to be so constrained. We have a primordial need to forge strong bonds, and the good feelings we derive are a key to deep health. Fredrickson shows us many more avenues of affection than just finding our one true love.



STRESS-PROOF YOUR BRAIN

8-CD set by Rick Hanson

It's a given by now that stress is at the root of a lot of our human challenges, but with that often comes the unhelpful notion that you can somehow avoid it. You can't. You can, however, get much better at dancing with it. This audio recording by Rick Hanson, available online at Sounds True, begins with a 30-minute explanation of how stress cycles through the systems of our brains and bodies—and how it sets off the fireworks of negative thoughts and behaviors that often seed further stress. The seven disks that follow offer practices designed to keep those unwanted pyrotechnics at a minimum while learning to draw our well-being into the spotlight.



THE ANTIDOTE

Happiness for People Who Can't Stand Positive Thinking

By Oliver Burkeman

In our go-for-gold world, happiness is achieving goals. Face the inevitable challenges, slap a smile on your face, ward off discouragement, forge ahead. Good luck with that, says Oliver Burkeman, who writes a popular psychology column in *The Guardian*. Being goal crazy, fearful of looking deeply at failure, glossing over disappointment—this is not the royal road to a happy life. The alternative: embrace uncertainty and get friendly with failure. You won't be disappointed. ●

The Short List



THE JOY COMPASS

8 Ways to Find Lasting Happiness, Gratitude & Optimism in the Present Moment

By Donald Altman

THE MINDFUL CARNIVORE

A Vegetarian's Hunt for Sustenance

By Tovar Cerulli

HIJACKED BY YOUR BRAIN

How to Free Yourself When Stress Takes Over

By Julian Ford and Jon Wortmann

18 MINUTES

Find Your Focus, Master Distraction, and Get the Right Things Done

By Peter Bregman

MINDFULNESS FOR THE NEXT GENERATION

Helping Emerging Adults Manage Stress and Lead Healthier Lives

By Holly Rogers and Margaret Maytan

INVITING A MONKEY TO TEA

Befriending Your Mind and Discovering Lasting Contentment

By Nancy Colier



TAKE A CHILL APP

From Gina Biegel, StressedTeens.com