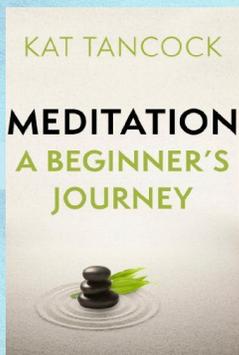


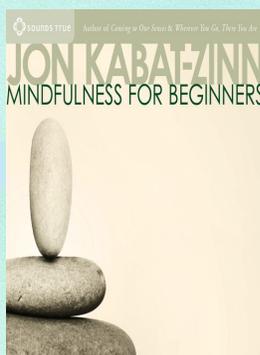
Meditation for Beginners

A collection of electronic resources to help you relax!

Hoopla, Overdrive, and Kanopy provide digital books, audiobooks, movies and music that you can access for FREE with your C. H. Booth Library card!

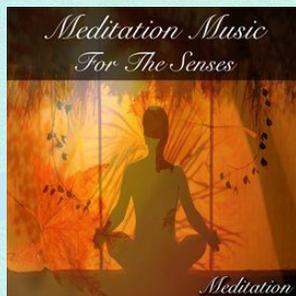


Meditation: A Beginner's Journey by Kat Tancock. Hoopla Ebook Meditation helps reduce stress, improve sleep, lengthen attention span and lower blood pressure. Tancock's title outlines different meditation approaches for novices. It also explains how meditation works and why it's doable - even necessary - for everyone.

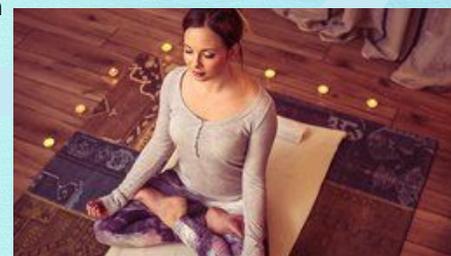


Mindfulness for Beginners by Jon Kabat-Zinn. OverDrive Audiobook Throughout this immensely popular, two-and-a-half hour long title Kabat-Zinn's calm voice remains quiet and gentle. He allows listeners to relax mind and body and simply follow the guidelines he explains during the five guided meditation exercises. Review copyright AudioFile 2006.

Meditation Music for the Senses Hoopla Music This 105-minute title has ten tunes ranging from ten to twelve minutes in length. Hoopla music is available for streaming (downloadable for mobile devices) for 7 days after you borrow it.



Practicing Meditation Great Courses Video on Kanopy An episode from season one of the Science of Integrative Medicine. In addition to reviewing the multitude of benefits that meditation can provide as both a coping strategy and a preventive measure, Dr. Brent Bauer walks you through a number of steps you can take to help establish a successful meditation session.



Free Guided Meditations The University of California, Los Angeles' Mindful Awareness Research Center has developed the UCLA Mindful app. Designed to keep beginners going, users choose one of the 14 guided audio meditations to suit their current need and keep it up with the associated [podcast](#).



Let's Meditate: Sleep & Guided Meditation This app has a variety of content, a simple design, and offers short and long meditation tracks. While there are in-app purchases, there are no ads which is especially important in this case.

The Meditation Podcast by Jesse & Jeane Stern This unique podcast creates low sounds that are said to put your brain into a specific state, like relaxation, healing, or energy. Make sure you're wearing headphones when you listen—these tones need to be playing into each of your ears to work properly—and never drive while listening to a meditation podcast of any kind!

