

MBSR WEEK 2

Mindful Meditation and the Brain – Shauna Shapiro

<https://www.youtube.com/watch?v=R6hybxLidgA&index=3&list=PLbiVpU59JkValOIEIo2Y65mBopHCjKvBo>

Measuring Mindfulness – Judson Brewer

<https://www.youtube.com/watch?v=wp9JD4APjSs&list=PLbiVpU59JkValOIEIo2Y65mBopHCjKvBo&index=4>

Coming to Our Senses – Jon Kabat-Zinn

<https://www.youtube.com/watch?v=XNvZkepAiMo&list=PLbiVpU59JkValOIEIo2Y65mBopHCjKvBo&index=5>

All It Takes is 10 Mindful Minutes – Andy Puddicombe

<https://www.youtube.com/watch?v=qzR62JJCMBQ&index=6&list=PLbiVpU59JkValOIEIo2Y65mBopHCjKvBo>

Supplementary Materials Related to this Week's Topic

Why a Neuroscientist Would Study Meditation – Willoughby Britton

https://www.youtube.com/watch?v=ioCY_HKBF0c

The Wake-Up Call that Transformed Neuroscientist Richard Davidson's Life

http://www.huffingtonpost.com/entry/the-wake-up-call-that-transformed-neuroscientist-richard-davidsons-life_us_571fcbc4e4b01a5ebde3c0a7

How Meditation Can Reshape Our Brains – Sara Lazar

<https://www.youtube.com/watch?v=m8rRzTtP7Tc>

Positive Emotions and Mindfulness – Rachel Green

https://www.youtube.com/watch?feature=player_embedded&v=4Gcohaq8Uhs#!