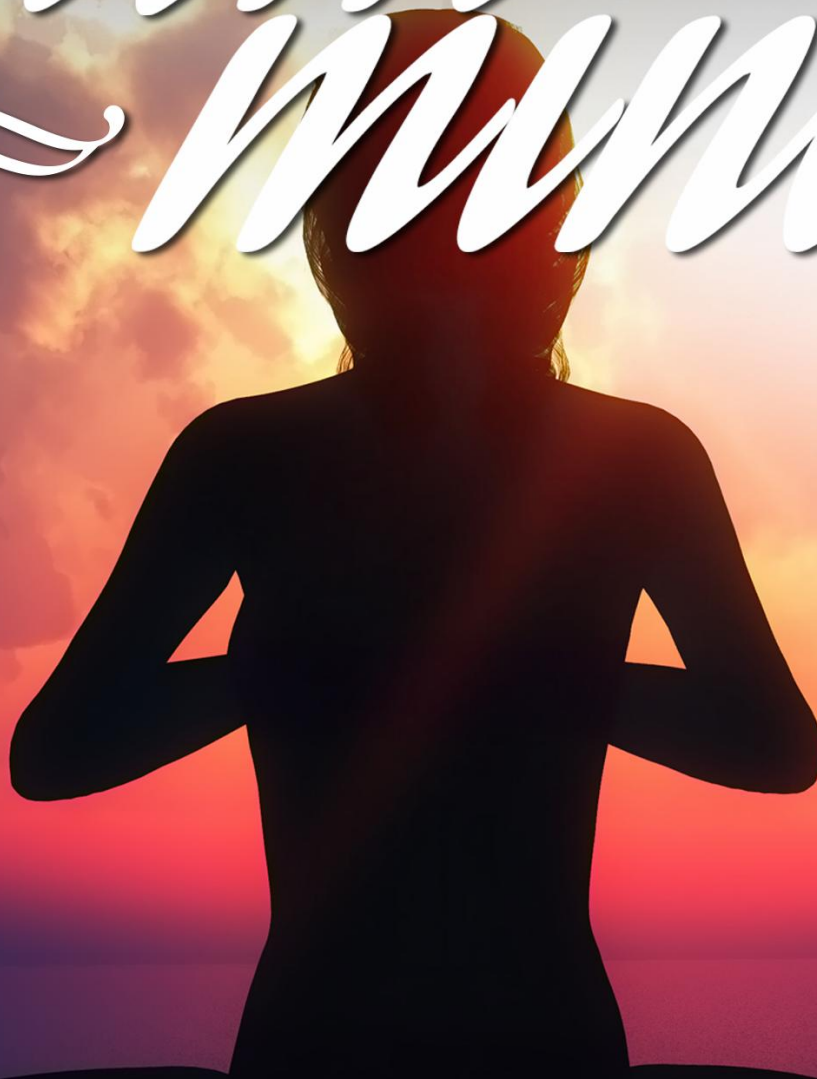


NEW YORK TIMES BEST SELLING AUTHOR

# *calm. ~ ~ mind*



Discover how to calm your mind, improve your health,  
and take back control of your life

## **Calm Mind Resource Sheet**

Ready to start making meditation a part of your daily routine? These tools, resources and products can help you to do just that!

### **Resources**

*A Guide to Meditation for the Rest of Us*

<http://www.lifehacker.co.uk/2010/07/20/guide-meditation-rest-us>

This is a very good guide to meditation from Lifehacker. Meditation can sometimes seem a bit daunting for those of us who aren't already familiar with it but this article puts it all in layman's terms so anyone can understand it.

*CBT Self Help Guide*

<http://www.getselfhelp.co.uk/cbtstep1.htm>

This is a great site that provides a lot of information on CBT and which shows you how to apply it in your own life in order to combat anxiety and stress etc.

*Four Hour Workweek Blog*

<http://fourhourworkweek.com/blog/>

We mentioned Tim Ferriss in the book a couple of times. He introduced us to 'fear setting' and also interviewed many famous individuals who explain how they use meditation. You can see all that and more at his blog.

*Flow States*

<http://www.thebioneer.com/neuroscience-of-flow-states/>

This is an in-depth post on flow states, what they are and how you can use them in your own life.

### **Tools**

*The 4-Hour Workweek Tools*

<http://fourhourworkweek.com/4-hour-workweek-tools/>

This is a list of tools from Tim Ferriss, many of which are very useful for getting on top of your daily concerns and improving your

*Headspace*

The headspace app is a great app that you can use to trial some guided meditations. Essentially, this is a series of videos that will show you how to get started with meditation in just a few short 'chunks'. The downside is that you have to pay once you get into it but if you want you can just use the free sessions as a jumping off point.

### *Guided Meditation for Detachment From Over-Thinking*

<https://www.youtube.com/watch?v=1vx8iUvfyCY>

There is no shortage of video on YouTube that can help you to practice meditation. This is just one of many but with that said, it's a very good one and a good place to start. This is a 40+ minute meditation that can help you to understand the benefits of meditation and to leave behind some of those unnecessary worries.

## **Products**

### *Heartrate Monitor*

A heartrate monitor can be a very useful tool for improving your general mood and for getting better at meditation. Meditating should help your heartrate to lower and your blood pressure to do the same. A heartrate monitor thus allows you to see if you're effectively managing to do that or not and also lets you see when you're getting stressed in daily life/how you can combat that stress. This is called 'biofeedback' and it's a powerful tool.

### *MindWave from NeuroSky*

<http://store.neurosky.com/>

This is an 'EEG' headset. The idea of this is to allow you to use your brainwaves to power apps and also to measure your own concentration, focus and calm. An EEG is an 'electroencephalograph' and is one tool that GPs and psychologists can use to measure brainwaves. Now it is available commercially for the first time and is definitely worth looking into.