

**Pema Chodron Books:**

How to Meditate: A Practical Guide to Making Friends with Your Mind:  
Book -

<https://amzn.to/2NGMFLc>

Audio Book -

<https://amzn.to/2u9J400>

The Places That Scare You: A Guide to Fearlessness in Difficult Times:  
Book -

<https://amzn.to/2znUked>

Audio Book -

<https://amzn.to/2NHnYhM>

Living Beautifully with Uncertainty and Change:

<https://amzn.to/2ukM7S9>

Making Friends with Your Mind: The Key To Contentment:

<https://amzn.to/2zBPqun>

**Travis Eliot Meditation Recordings:**

The Pause Meditation - [https://traviseliot.com/travis\\_eliot\\_online/the-pause-meditation/](https://traviseliot.com/travis_eliot_online/the-pause-meditation/)

The Affirmation Meditation - [http://traviseliot.com/travis\\_eliot\\_online/affirmation-meditation/](http://traviseliot.com/travis_eliot_online/affirmation-meditation/)

The Breathe Meditation - [https://traviseliot.com/travis\\_eliot\\_online/the-breath-meditation/](https://traviseliot.com/travis_eliot_online/the-breath-meditation/)

**Meditation Apps:**

Ananda by Deepak Chopra - <https://chopraananda.com>

Calm App - <https://www.calm.com>

Headspace App - <https://www.headspace.com>