

RESOURCES FOR MINDFULNESS and ADHD

prepared by Lidia Zylowska MD & Mark Bertin MD

Selected APPS and Resources

InFlow (CBT for ADHD and some mindfulness practices): <https://www.getinflow.io/>

Headspace - Mindfulness for Everyone: <https://www.headspace.com/>

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

Insight Meditation Timer <https://insighttimer.com/>

Ten Percent Happier–Dan Harris <https://www.tenpercent.com/>

UCLA Mindful App <https://www.uclahealth.org/marc/ucla-mindful-app>

Waking Up -Dr. Sam Harris <https://www.wakingup.com>

Self Compassion - Dr Kristin Neff <https://self-compassion.org/>

Mindful Magazine <https://www.mindful.org/magazine/>

Peer Groups:

Mindfulness Group on ADDA add.org (see “Connect” tab)

Resources by Lidia Zylowska MD

- Self-Help Book with a CD: [The Mindfulness Prescription for Adult ADHD](#)
- Clinician Resources:
 - [Mindfulness for Adult ADHD: A Clinician's Guide](#) (with Dr. John T Mitchell PhD)
 - Mindful Strategies for Adult ADHD PESI course <https://catalog.pesi.com/item/110018/>
- FREE On-line meditations (from the self-help book):
<https://www.shambhala.com/mindfulnessprescription/>
- Facebook Group: <https://www.facebook.com/MindfulnessADHD/>
- Podcasts, Articles, Videos, main Website: lidiazylowska.com and [@MindfulrxADHD youtube](#)

Resources by Mark Bertin MD

- Books:
 - How Children Thrive
 - Mindful Parenting for ADHD
 - The Family ADHD Solution
 - Mindfulness and Self-Compassion for Teen ADHD
- Classes, Lectures, Videos, main Website: <https://developmentaldoctor.com/>
- Meditations available on his website, insight meditation timer and at mindful.org

Additional selected resources by others on mindfulness and ADHD:

-<https://mindfullyadd.com/>

-Debra E Burdick LCSW

-Terry Huff LCSW

-Susan Kaiser Greenland (resources geared for kids)

-Dr. Christopher Willard (for kids)

-Dr. Beata Lewis MD