

RESOURCES FOR MINDFULNESS and ADHD

Prepared by Lidia Zylowska MD

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/>
- Facebook Group: <https://www.facebook.com/MindfulnessADHD/>
- Podcasts, Articles, Videos, main Website: lidiazylowska.com and Linked In https://www.linkedin.com/posts/lidia-zylowska-491b7b7_how-to-meditate-when-you-cant-sit-still-activity-69729597784488176-4PGS
- FREE On-line meditations (from the self-help book):
<https://www.shambhala.com/mindfulnessprescription/>
- FREE meditations and videos [themindfulnessrx - YouTube](#) or @MindfulRXADHD

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 –peer led
add.org (see “Connect” tab)

Additional selected resources for children, adolescents and adults with ADHD by others

- Mark Bertin MD books: *Mindful Parenting for ADHD*, *The Family ADHD Solution*, *Mindfulness and Self-Compassion for Teen ADHD*; <https://developmentaldoctor.com/>
- Beata Lewis MD: *The Mindfulness Workbook for ADHD*
<https://mindfullyadd.com/>
- Debra E Burdick LCSW (mindfulness workbooks for teens and kids with ADHD)
- Terry Huff LCSW (*Thriving with ADHD* Book)
- Susan Kaiser Greenland (resources geared for kids)
- Dr. Christopher Willard (resources geared for kids)