

1. Andy Puddicombe (TED Talk): explains that meditation is not about stopping thoughts or controlling the mind, but rather stepping back to witness thoughts and emotions clearly without judgment

<https://www.youtube.com/watch?v=qzR62JJCMBQ>

2. Richard Davidson: How Mindfulness Changes the Emotional Life of Our Brains (TEDx Talk): neuroscientist talks about a healthy mind based on four pillars: awareness, connection, insight, and purpose. He explains how we can harness neuroplasticity to nudge the brain toward resilience.

<https://www.youtube.com/watch?v=7CBfCW67xT8&rco=1>

3. Yongey Mingyur Rinpoche: How to Tap into Your Awareness (TED Talk): renowned teacher explains that meditation is easier than many people think because it focuses on using awareness as a tool rather than trying to clear the mind of all thoughts.

<https://www.youtube.com/watch?v=LDVyOnf0t9M>

4. Judson Brewer: A Simple Way to Break a Bad Habit (TED Talk): explains how psychologists use mindfulness to treat addiction by helping clients observe the "loop" of their cravings non-judgmentally, which facilitates breaking maladaptive habits like smoking.

<https://www.youtube.com/watch?v=-moW9jvvMr4>

5. Jon Kabat-Zinn: The Healing Power of Mindfulness: The pioneer of modern medical mindfulness discusses how "resting in awareness" helps patients relate to chronic pain and "dis-ease" in ways that conventional medicine sometimes misses.

https://www.youtube.com/watch?v=_If4a-gHg_I

6. Mindfulness Meditation vs. Escitalopram (JAMA Psychiatry Study): A 2022 randomized clinical trial found that Mindfulness-Based Stress Reduction (MBSR) was as effective as escitalopram (the generic form of Lexapro) in reducing anxiety symptoms. This research has prompted calls for insurance companies to cover meditation as a first-line treatment.

<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2798510>

7. UCLA Research on Brain "Folding": Researchers used MRI scans to find that long-term meditators show higher levels of gyrification (folding of the cerebral cortex), which is associated with faster information processing.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3289949/>

8. Mindfulness-Based Cognitive Therapy (MBCT) for Relapse Prevention: Clinical guidelines from the National Institute for Health and Care Excellence (NICE) officially recommend MBCT as a treatment for less severe depression and to prevent relapse, as it helps patients recognize negative thought patterns before they spiral.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6640038/>

9. 8-Week Mindfulness vs. Hair Cortisol (Research Study): A randomized clinical trial involving high-stress university workers demonstrated that an 8-week mindfulness program significantly reduced hair cortisol concentration, providing a biological marker for reduced long-term stress.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10648523/>

10. APA — Mindfulness meditation: a research-proven way to reduce stress - general source explaining how mindfulness can reduce stress and support emotional regulation.

<https://www.apa.org/topics/mindfulness/meditation>

11. Neural mechanisms of mindfulness and meditation – explanation what happens in the brain: prefrontal cortex, amygdala, Default Mode Network, insula, and attention systems.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4109098/>

12. Impact of short- and long-term mindfulness meditation on amygdala reactivity (how quickly and strongly the brain's emotional alarm system responds to stress, fear, or daily triggers).

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6671286/>

13. Mindfulness and depression/anxiety: worry, rumination, reappraisal and suppression - examines how mindfulness may reduce worry and rumination and improve emotional regulation.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6418017/>

BOOK suggestion:

Jon Kabat-Zinn - Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life