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Webové stránky

- UCSD Center for Mindfulness: health.ucsd.edu/specialties/mindfulness/Pages/default.aspx
- Mindfulness-Based Cognitive Therapy: www.mbct.com
- Center for Mindful Self-Compassion: centerformsc.org
- Kristin Neff: self-compassion.org
- Tara Brach: www.tarabrach.com
- Society for Behavioral Sleep Medicine: behavioralsleep.org
- American Academy of Sleep: aasmnet.org
- Northern Colorado Sleep Consultants, LLC: sleeplessincolorado.com

Meditační aplikace

- Head Space: www.headspace.com
- The Mindfulness App: themindfulnessapp.com

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