

## ‘Stick With It Podcast’ Ep.14 with Andrew Stewart

Andrew Stewart on mindfulness and being kinder to yourself

### Recommended apps if interested in exploring this topic further:

- Headspace
- Healthy Minds
- Smiling Mind
- Calm
- Insight Timer
- 10% Happier
- Waking Up

### Recommended books if interested in exploring this topic further:

#### Jon Kabat-Zinn

- ["Mindfulness for Beginners"](#)
- ["Full Catastrophe Living"](#)
- ["Wherever you go There you are"](#)

#### Mark Williams

- ["Finding Peace in a Frantic World"](#)

#### Mark Epstein

- ["Thoughts Without a Thinker"](#)
- ["Going to Pieces Without Falling Apart"](#).

#### Thich Nhat Hanh

- ["The Miracle of Mindfulness"](#)
- ["Peace is Every Step"](#)

#### Dan Harris

- ["Ten Percent Happier"](#)

#### Christine Feldman and Willem Kuyken

- ["Mindfulness: Ancient Wisdom meets Modern Psychology"](#)

#### Joseph Goldstein

- ["Mindfulness"](#).

#### Sam Harris

- ["Waking Up"](#).