

**“Going Deeper”
A Mellow Elephant Guide**

Recommended Reading (Alphabetical, by title)

Comedy, Sex, God by Pete Holmes

Eat, Pray, Love by Elizabeth Gilbert

The Four Agreements by Don Miguel Ruiz

Loving Kindness by Sharon Salzberg

Meditation for Fidgety Skeptics by Dan Harris and Jeff Warren

Real Happiness by Sharon Salzberg

Siddhartha by Herman Hesse

Why Buddhism Is True by Robert Wright

Recommended Listening

The Aubrey Marcus Podcast - Jay Shetty

The Duncan Trussell Family Hour - Jack Kornfield

The Duncan Trussell Family Hour - Raghu Markus

The Jack Kornfield Heart Wisdom Hour - Spiritual Laundry, ft. Duncan Trussell and Pete Holmes

The Tim Ferris Show - Jack Kornfield

Under the Skin with Russell Brand - Andy Puddicombe

Under the Skin with Russell Brand - Sharon Salzberg

You Made It Weird - Deepak Chopra

You Made It Weird - Russell Brand

Recommended Watching

The Mind: Explained; “Mindfulness” (Netflix)

Going Home (Netflix)