

# headspace for work vs free consumer version

**headspace for work vs free consumer version** is a comparison many individuals and organizations are making as they seek effective mental wellness solutions. Understanding the distinctions between the free, consumer-facing application and the tailored offerings for the workplace is crucial for making an informed decision. This article will delve into the core features, benefits, and target audiences of both Headspace versions, examining their content libraries, accessibility, and overall impact on well-being. We will explore the unique advantages of Headspace for Work, including its administrative features and focus on organizational health, and contrast them with the extensive, yet consumer-oriented, resources available in the free version. By the end, you will have a clear picture of which Headspace offering best suits your needs, whether for personal growth or corporate development.

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## Understanding the Core Headspace Offering

At its heart, Headspace is a leading mindfulness and meditation application designed to promote mental well-being. It provides a vast library of guided meditations, sleep stories, mindful movement exercises, and focus techniques. The core philosophy revolves around making mindfulness accessible to everyone, fostering a calmer, more focused, and happier life through regular practice. Both the free consumer version and the corporate offering stem from this foundational commitment to mental health support.

The fundamental science-backed principles of mindfulness, stress reduction, and improved focus are present in both iterations. However, the way these principles are delivered and packaged differs significantly, catering to distinct user needs and environments. Recognizing these differences is the first step in choosing the right tool for your mental wellness journey or for supporting your team's well-being.

# The Free Consumer Version: Accessibility and Features

The free version of Headspace serves as an excellent entry point into the world of mindfulness and meditation. It offers a curated selection of content designed to introduce users to basic meditation techniques, help them manage everyday stress, and improve sleep quality. This version is ideal for individuals seeking to explore mindfulness without a financial commitment, allowing them to dip their toes into various meditation styles and topics.

Key features of the free consumer version typically include:

- A limited selection of foundational meditation courses.
- Introductory sessions on topics like stress, sleep, and focus.
- A few sleep casts and short breathing exercises.
- The ability to track basic meditation streaks and progress.
- Accessibility on personal mobile devices.

While generous in its offering, the free version is intentionally constrained to encourage exploration of the full Headspace experience through a paid subscription. It acts as a powerful, yet introductory, tool for individual self-care and personal development, laying the groundwork for a consistent mindfulness practice.

## Headspace for Work: A Tailored Solution for Organizations

Headspace for Work, formerly known as Headspace for Business, is specifically engineered to address the mental health needs of employees within an organizational context. It goes beyond individual benefits to foster a culture of well-being throughout a company. This version provides access to the full Headspace content library, but crucially, it adds layers of administrative control, team-based features, and enterprise-level support.

The primary goal of Headspace for Work is to empower organizations to proactively support their employees' mental resilience, reduce burnout, and enhance overall productivity and engagement. It recognizes that the workplace environment significantly impacts employee well-being and that a collective

approach can yield more profound results than individual efforts alone.

## **Key Differences: Content and Customization**

One of the most significant distinctions lies in the breadth and depth of available content, as well as the customization options. The free consumer version offers a taste of Headspace's offerings, focusing on introductory and general wellness themes. In contrast, Headspace for Work unlocks the entire comprehensive library, which includes specialized content for common workplace challenges.

This specialized workplace content often addresses:

- Managing work-related stress and anxiety.
- Navigating difficult conversations.
- Improving focus and productivity.
- Building resilience.
- Supporting leadership and team dynamics.
- Specific modules for managers and teams.

Furthermore, Headspace for Work allows organizations to curate and promote specific content relevant to their employees' needs or company initiatives. While the free version is a general library, the corporate version can be guided towards particular well-being goals, making it a more strategic investment in human capital.

## **Key Differences: Administration and Reporting**

The administrative capabilities of Headspace for Work are a defining feature that sets it apart from the free consumer version. For HR professionals and organizational leaders, the ability to manage employee access and understand engagement levels is paramount. The free version offers no such administrative tools; it is entirely user-driven and private.

Headspace for Work provides a dedicated admin portal with features such as:

- Bulk employee invitations and onboarding.
- User management and segmentation.
- Anonymized aggregate reporting on engagement and usage patterns.
- Insights into popular content and overall participation.
- Tools for internal communication and promotion of the program.

These reporting features are invaluable for demonstrating the ROI of mental wellness initiatives, identifying areas where more support might be needed, and tailoring future programs. The privacy of individual user data is always maintained in these reports, focusing instead on organizational trends.

## **Key Differences: Pricing and Scalability**

The pricing model is a fundamental difference. The free consumer version of Headspace is, as the name suggests, free to download and use for a limited selection of content. To access the full library and premium features for individual use, a personal subscription is required. Headspace for Work, however, operates on a business-to-business (B2B) model, typically priced per employee, per year.

The scalability of Headspace for Work is designed to accommodate organizations of all sizes, from small businesses to large enterprises. The pricing is structured to be cost-effective when considering the potential benefits of improved employee well-being, reduced absenteeism, and increased productivity. While the free version is for personal exploration, Headspace for Work is a strategic investment in the collective health and performance of a workforce.

## **Who Benefits Most from Each Version?**

The ideal user for the free consumer version is an individual who is curious about mindfulness and meditation, looking to start a personal practice, or seeking supplementary tools for managing everyday stress. It's a low-barrier-to-entry solution for personal mental wellness development and self-discovery. Anyone can download the app and begin exploring its introductory content at their own pace.

Conversely, Headspace for Work is best suited for organizations that recognize the importance of employee mental health and are committed to providing comprehensive support. This includes companies looking to:

- Reduce employee stress and burnout.
- Improve employee engagement and morale.
- Enhance team cohesion and communication.
- Attract and retain top talent.
- Foster a positive and supportive workplace culture.

HR departments, wellness program managers, and leadership teams are the primary beneficiaries of the administrative and reporting features, allowing them to effectively implement and measure the success of a mental wellness program.

## Maximizing Your Headspace Experience

Whether you are using the free version or have access through Headspace for Work, maximizing your experience involves consistency and intentionality. For individuals, this means setting realistic goals, integrating short meditation sessions into your daily routine, and exploring different types of content to find what resonates most. Trying out the sleep casts before bed or a quick focus meditation before a demanding task can yield immediate benefits.

For organizations utilizing Headspace for Work, maximizing impact requires active promotion, leadership buy-in, and clear communication about the available resources. Encouraging employees to participate, perhaps through team challenges or dedicated wellness initiatives, can boost engagement. Regularly reviewing anonymized usage data can also inform how to best support employees and which content areas might require further attention.

The true power of Headspace, in either form, lies in consistent engagement. Small, regular practices compound over time to build greater resilience, reduce stress, and improve overall mental clarity. Both versions offer pathways to these benefits, with the corporate version providing a structured and supported environment for collective well-being.

# **The Future of Workplace Mental Wellness with Headspace**

The continued evolution of Headspace for Work signals a growing understanding of the critical link between employee mental health and organizational success. As workplaces increasingly prioritize well-being, tools like Headspace for Work will become even more integral. The ability to offer personalized, accessible, and evidence-based mental health support directly to employees is a powerful differentiator for employers.

Looking ahead, we can anticipate further integration of mindfulness into the daily workflow, with more sophisticated analytics and tailored content addressing emerging workplace challenges. The distinction between the free consumer version and the robust enterprise solution will remain, underscoring the strategic investment required for comprehensive organizational mental wellness. Headspace is poised to remain a leader in this crucial space, empowering both individuals and companies to thrive.

## **Q: What is the primary difference between the free Headspace app and Headspace for Work?**

A: The primary difference lies in their target audience and features. The free Headspace app is for individual consumers, offering a limited selection of introductory meditations. Headspace for Work is a B2B solution designed for organizations, providing access to the full content library, administrative tools, and aggregate reporting for employee well-being programs.

## **Q: Can individuals access Headspace for Work?**

A: Typically, individuals cannot directly access Headspace for Work. It is licensed by employers or organizations to offer to their employees as a benefit. If your workplace offers Headspace for Work, you would receive an invitation or access code from your employer.

## **Q: What kind of content is exclusive to Headspace for Work?**

A: While Headspace for Work includes all content from the consumer version, it also features specialized content geared towards workplace challenges, such as managing work stress, improving focus, navigating difficult conversations, building resilience, and leadership training.

## **Q: Does Headspace for Work track individual employee meditation habits?**

A: No, Headspace for Work prioritizes employee privacy. Any reporting provided to organizations is based

on anonymized, aggregate data. Individual user activity and progress are kept confidential.

### **Q: Is Headspace for Work more expensive than a personal Headspace subscription?**

A: Generally, yes. Headspace for Work is priced on a per-employee, per-year basis, reflecting its enterprise-level features, administrative tools, and comprehensive content access for an entire organization. This cost is distributed across the workforce.

### **Q: Can an organization customize the Headspace experience for its employees?**

A: Yes, organizations using Headspace for Work have some ability to curate and promote specific content or themes relevant to their workforce or company wellness initiatives, allowing for a more targeted approach.

### **Q: What are the benefits for employees using Headspace for Work?**

A: Employees benefit from full access to Headspace's extensive library of meditations, sleep stories, and exercises, helping them manage stress, improve focus, sleep better, and enhance their overall mental well-being. They also gain access through their employer, making it a no-cost benefit.

### **Q: How does Headspace for Work help with employee engagement?**

A: By providing a robust mental wellness resource, Headspace for Work demonstrates an employer's commitment to their employees' well-being, which can significantly boost morale, reduce burnout, and increase overall job satisfaction and engagement.

## **[Headspace For Work Vs Free Consumer Version](#)**

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**headspace for work vs free consumer version:** Mindfulness At Work Essentials For Dummies  
Shamash Alidina, Juliet Adams, 2014-12-09 Manage stress and boost your productivity at work using mindfulness Mindfulness at Work Essentials For Dummies explores the many benefits of utilising mindfulness techniques in the workplace, offering managers, HR professionals and businesspeople

of all levels guidance on how mindfulness can help with the development of core business skills. You'll discover the key concepts of mindfulness and quickly grasp how its implementation in the workplace is a win-win for you, your team and your organisation as a whole. Innovative companies like Google have made mindfulness in the workplace a hot topic—and for good reason. Mindfulness can be hugely beneficial on a personal level, as it has been proven to enhance one's effectiveness and ability to live in the present moment. These skills and techniques are equally valuable in the workplace, leading to improved working behaviour and better team building. With this handy guide, you'll discover all the tips and tricks to incorporate — and benefit from — mindfulness in the workplace. Provides an introduction to mindfulness and how it can help improve your working behaviour Offers useful tips on incorporating mindfulness into your working day Demonstrates how organisations can benefit from implementing mindful approaches to work If you're a self-motivated and open-minded business professional looking to expand your knowledge base and effectiveness in the workplace, Mindfulness at Work Essentials For Dummies will help you implement the practice of mindfulness at work — and become a better leader, mentor or coach.

**headspace for work vs free consumer version: Mindfulness at Work For Dummies**

Shamash Alidina, Juliet Adams, 2014-04-03 Master your mind, manage stress and boost your productivity! Mindfulness at Work For Dummies provides essential guidance for employees at all levels of an organization who are seeking more focus and clarity in their work. It explains how mindfulness can help employers wishing to implement mindful practices into the workplace, and provides leaders and mentors within an organization with the tools they need to become more effective leaders and coaches. The audio download contains guided mindfulness exercises and meditations suited to workplace scenarios, a core feature of mindfulness programmes. Mindfulness at Work For Dummies includes: An introduction to mindfulness, and how it can help improve working behaviour An explanation of how the brain retains new mindful working patterns... with a bit of practice! Useful tips on incorporating mindfulness into your working day How organisations can benefit from implementing mindful approaches to work Guidance for leaders on how mindfulness can help develop their leadership qualities

**headspace for work vs free consumer version: Honing Self-Awareness of Faculty and Future Business Leaders** Payal Kumar, Tom Elwood Culham, Richard J. Major, Richard Peregoy, 2023-04-10 Honing Self-Awareness of Faculty and Future Business Leaders emphasizes self-awareness and management of emotions as a strong differentiator for generating student engagement, well-being and performance in complex and ambiguous societal and economic VUCA environments.

**headspace for work vs free consumer version: Mindfulness and Psychotherapy, Second Edition** Christopher Germer, Ronald D. Siegel, Paul R. Fulton, 2016-08-03 This practical book has given tens of thousands of clinicians and students a comprehensive introduction to mindfulness and its clinical applications. The book describes the philosophical underpinnings of mindfulness and reviews the growing body of treatment studies and neuroscientific research. Leading practitioners and researchers present clear-cut procedures for implementing mindfulness techniques and teaching them to patients experiencing depression, anxiety, chronic pain, and other problems. Also addressed are ways that mindfulness practices can increase acceptance and empathy in the therapeutic relationship. User-friendly features include illustrative case examples and practice exercises. New to This Edition \*Incorporates significant empirical advances--mindfulness has become one of the most-researched areas in psychotherapy. \*Most chapters extensively revised or rewritten. \*Chapters on practical ethics, trauma, and addictions. \*Greater emphasis on the role of acceptance and compassion in mindfulness. See also Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy, by Susan M. Pollak, Thomas Pedulla, and Ronald D. Siegel, a hands-on guide to incorporating mindfulness practices into psychotherapy.

**headspace for work vs free consumer version: Advanced Persistent Training** Jordan Schroeder, 2017-06-14 Gain greater compliance with corporate training by addressing the heart of the very awareness vs. compliance problem: people are human. People have incredible strengths and incredible weaknesses, and as a Information Security professional, you need to recognize and devise



training strategies that take advantage of both. This concise book introduces two such strategies, which combined, can take a security awareness program to the next level of effectiveness, retention, compliance, and maturity. Security policies and procedures are often times inconvenient, technically complex, and hard to understand. Advanced Persistent Training provides numerous tips from a wide range of disciplines to handle these especially difficult situations. Many information security professionals are required by regulation or policy to provide security awareness training within the companies they work for, but many believe that the resulting low compliance with training does not outweigh the costs of delivering that training. There are also many who believe that this training is crucial, if only it could be more effective. What you will learn: Present awareness materials all year-round in a way that people will really listen. Implement a behavior-first approach to teaching security awareness. Adopt to gamification the right way, even for people who hate games. Use tips from security awareness leaders addressing the same problems you face. Who is this book for Security awareness professionals or IT Security professionals who are tasked with teaching security awareness within their organization.

**headspace for work vs free consumer version:** *Meditation Healing* River Mindfulness, AI, 2025-03-12 *Meditation Healing* explores the profound impact of meditation on stress management, self-help, and addiction recovery, offering a path to enhanced focus and self-awareness. It reveals how consistent meditation practice can aid in managing addiction triggers and fostering mental well-being. Notably, the book highlights the role of mindfulness in reducing cravings, emphasizing the importance of self-compassion during challenging times. The book progresses systematically, starting with the fundamentals of meditation, including mindfulness and focused attention. It then delves into the neuroscience behind meditation's effects, explaining the mind-body connection and its relevance to addiction. A significant portion is dedicated to practical exercises, providing step-by-step guidance for establishing a sustainable meditation practice tailored for addiction recovery and personal growth. What sets *Meditation Healing* apart is its unique combination of scientific evidence and practical advice, making complex concepts accessible. It integrates peer-reviewed studies with real-world examples to empower readers. This approach provides a comprehensive understanding of meditation's potential for lasting personal transformation, offering a valuable tool for individuals seeking sobriety, stress reduction, and self-control.

**headspace for work vs free consumer version:** *The Routledge Companion to Mindfulness at Work* Satinder K. Dhiman, 2020-09-08 Given the ever-growing interest in the benefits of mindfulness to organizations and the individuals who work in them, this Companion is a comprehensive primary reference work for mindfulness (including creativity and flow) in the workplace, including business, healthcare, and educational settings. Research shows that mindfulness boosts creativity through greater insight, receptivity, and balance, and increases energy and a sense of wellbeing. This Companion traces the genesis and growth of this burgeoning field, tracks its application to the workplace, and suggests trends and future directions. With contributions from leading scholars and practitioners in business, leadership, psychology, healthcare, education, and other related fields, *The Routledge Companion to Mindfulness at Work* is an extensive reference work which will be a vital resource to the fields of management and organizational studies, human resource management, psychology, spirituality, cultural anthropology, and sociology. Each chapter will present a listing of key topics, a case or situation that illustrates the application of the themes, workplace lessons, and reflection questions.

**headspace for work vs free consumer version:** *Increasing Your Influence at Work All-in-One For Dummies* Christina Tangora Schlachter, 2018-06-07 Get ahead in the workplace by influencing others Influence is a timeless topic for business leaders and others in positions of power, but the world has evolved to the point where everyone needs these skills. No matter your job, role, rank, or function, if you want to get things done you need to know how to influence up, down, across, and outside the organization. *Increasing Your Influence at Work All-in-One For Dummies* shows you how to contribute more fully to important decisions, resolve conflicts more easily, lead and manage more effectively, and much more. Plus, you'll discover how to develop the most

important attributes necessary for influence—trustworthiness, reliability, and assertiveness—and find out how to move beyond. Includes easy-to-apply information for influencing managers, peers, and subordinates Shows you how to build trust with your co-workers and cultivate reliability through consistency and being personal Illustrates how influencing others in the office helps you enjoy a greater measure of control over your work life Helps you advance your career more rapidly than others No matter who you are, where you work, or what your professional goals are, achieving more influence in the workplace is critical for success.

**headspace for work vs free consumer version: Yoga Journal** , 1992-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

**headspace for work vs free consumer version: Zen Hedonism and the Theory of Relative Calm (Mindfulness Edition)** Steven Gannaway, 2017-10-26 Zen Hedonism and the Theory of Relative Calm is a guidebook for artists, writers, musicians, creators, innovators and other inventors of fun and joy. It is a state of mind, an attitude and an excuse to stay up all night writing and painting and drinking gin. Zen Hedonism is about embracing discovery. It is about finding joy in discipline and achieving grace in fury. Zen Hedonism is the inciting incident in your life. This is the mindfulness edition, which means it is in black and white and has bits you can colour in. Note: you can engage in mindfulness while doing the dishes or cleaning the oven, too. Just saying.

**headspace for work vs free consumer version: Smarter Tomorrow** Elizabeth Ricker, 2021-08-19 Join Ricker on a wild and edifying romp through the cutting-edge world of neuroscience and biohacking. You'll encounter Olympic athletes, a game show contestant, a memory marvel, a famous CEO, and scientists galore. From Ricker's decade-long quest, you will discover: - The brain-based reason so many self-improvement projects fail . . . But how a little-known secret of Nobel Prize winning scientists could finally unlock success - How your strength in four key areas - executive function, emotional regulation, learning and memory, and creativity - predicts your success in work and relationships, and a new system for improving all four - Which seven research-tested tools can supercharge mental performance. They range from low-tech (a surprising new mindset) to downright futuristic (an electrical device for at-home brain stimulation) Best of all, you will learn to upgrade your brain with Ricker's 20 customizable self-experiments and a sample 12-week schedule. Ricker distills insights from dozens of interviews and hundreds of research studies from around the world. She tests almost everything on herself, whether it's nicotine, video games, meditation, or a little-known beverage from the Pacific islands. Some experiments fail hilariously-but others transform her cognition. She is able to sharpen her memory, increase her attention span, boost her mood, and clear her brain fog. By following Ricker's system, you'll uncover your own boosts to mental performance, too. Join a growing, global movement of neurohackers revolutionizing their careers and relationships. Let this book change 15 minutes of your day, and it may just change the rest of your life!

**headspace for work vs free consumer version: Mindfulness in the Workplace** Margaret A. Chapman-Clarke, 2016-05-03 Mindfulness-based interventions in organizations offer the potential to build individual and organizational resilience, engage employees and address workplace stress. Mindfulness in the Workplace is a practical guide written for practitioners who want to learn how mindfulness can be used as a change management and organizational development strategy. Drawing from the latest research evidence from neuro- and behavioural science, Mindfulness in the Workplace offers a framework and guidance on how to start evolution- not revolution- in the organization. It ensures the greatest chance of success, showing how to identify the key stakeholders and work with them on understanding the power of a mindfulness initiative, how to identify a mindfulness champion, adapt the language of mindfulness to the context of the organization, establish metrics, and measure return on investment. Mindfulness in the Workplace

proposes that HR and OD professionals are best placed to understand the complexity of implementing change in organizational systems and, therefore, the practice of mindfulness need to be brought in-house, even if they bring in external mindfulness coaches to train their leaders. Case studies including Capital One Finance and the NHS Mental Health Trust cover the reasoning behind these initiatives, how they were planned, the barriers they faced, the lessons learned, and their results. This book offers a forum for HR and OD practitioners to hear from other practitioners who have implemented organizational mindfulness-based interventions using change management principles so that they can understand how they might be applied to their own practice and their own organizations.

**headspace for work vs free consumer version: *Design, User Experience, and Usability*** Aaron Marcus, Elizabeth Rosenzweig, Marcelo M. Soares, 2024-06-10 This five-volume set LNCS 14712-14716 constitutes the refereed proceedings of the 13th International Conference on Design, User Experience, and Usability, DUXU 2024, held as part of the 26th International Conference, HCI International 2024, in Washington, DC, USA, during June 29 – July 4, 2024. The total of 1271 papers and 309 posters included in the HCII 2024 proceedings was carefully reviewed and selected from 5108 submissions. The DUXU 2024 proceedings were organized in the following topical sections: Part I: Information Visualization and Interaction Design; Usability Testing and User Experience Evaluation. Part II: Designing Interactions for Intelligent Environments; Automotive Interactions and Smart Mobility Solutions; Speculative Design and Creativity. Part III: User Experience Design for Inclusion and Diversity; Human-Centered Design for Social Impact. Part IV: Designing Immersive Experiences across Contexts; Technology, Design, and Learner Engagement; User Experience in Tangible and Intangible Cultural Heritage. Part V: Innovative Design for Enhanced User Experience; Innovations in Product and Service Design.

**headspace for work vs free consumer version: *Anti-Burnout Strategy - Endurance through Mindfulness*** Simone Janson, 2025-06-02 Also in the 2nd revised and improved edition, published by a government-funded publisher involved in EU programs and a partner of the Federal Ministry of Education, you receive the concentrated expertise of renowned experts (overview in the book preview), embedded in an integrated knowledge system with premium content and 75% advantage. At the same time, you are doing good and supporting sustainable projects. Because mindfulness is the key to maintaining long-term performance. This book teaches you how to build endurance and resilience through targeted self-care. Strengthen your resistance to burnout with proven strategies and effectively prevent exhaustion. Use these techniques to stay productive while promoting your overall well-being. With its integrated knowledge system and Info on Demand concept, the publisher not only participated in an EU-funded program but was also awarded the Global Business Award as Publisher of the Year. Therefore, by purchasing this book, you are also doing good: The publisher is financially and personally involved in socially relevant projects such as tree planting campaigns, the establishment of scholarships, sustainable innovations, and many other ideas. The goal of providing you with the best possible content on topics such as career, finance, management, recruiting, or psychology goes far beyond the static nature of traditional books: The interactive book not only imparts expert knowledge but also allows you to ask individual questions and receive personal advice. In doing so, expertise and technical innovation go hand in hand, as we take the responsibility of delivering well-researched and reliable content, as well as the trust you place in us, very seriously. Therefore, all texts are written by experts in their field. Only for better accessibility of information do we rely on AI-supported data analysis, which assists you in your search for knowledge. You also gain extensive premium services : Each book includes detailed explanations and examples, making it easier for you to successfully use the consultation services, freeky available only to book buyers. Additionally, you can download e-courses, work with workbooks, or engage with an active community. This way, you gain valuable resources that enhance your knowledge, stimulate creativity, and make your personal and professional goals achievable and successes tangible. That's why, as part of the reader community, you have the unique opportunity to make your journey to personal success even more unforgettable with travel deals of up to 75% off.

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**headspace for work vs free consumer version: Smartphone Apps for Health and Wellness** John Higgins, Mathew Morico, 2023-01-06 Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users' goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. - Summarizes smartphone apps with the best evidence to improve health and wellness - Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs - Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

**headspace for work vs free consumer version: Religion and Popular Culture in America, Third Edition** Bruce David Forbes, Jeffrey H. Mahan, 2017-03 Since 2000, Religion and Popular Culture in America has been one [of the] standard books used in teaching this area of study. Modestly updated in 2005, it continues to be taught in colleges, universities and theological schools across the continent. The basic four-part structure of Religion and Popular Culture in America remains sound and is a feature that appeals to many who have taught the volume. Section One, Religion in Popular Culture, examines the way traditional religious symbols, narratives, and forms of religious practice appear in popular culture. Section Two, Popular Culture in Religion, considers how religion takes on and is reshaped by styles and values of popular culture. Section Three, Popular Culture as Religion, explores the ways that aspects of popular culture and their reception might be considered to be forms of religion. Section Four, Religion and Popular Culture in Dialogue, introduces religiously based critiques of popular culture and ways that popular culture articulates common critiques of religion. The third edition maintains the structure and basic length of the current edition and retains Forbes' introductory framework and update versions of key essay. But they replace many of the more dated subjects with new material drawing on more contemporary examples. A concluding essay by Mahan organizes key insights from the essays and relates them to the theories of popular culture illuminated in the introduction--Provided by publisher.

**headspace for work vs free consumer version: Mindfulness and Character Strengths** Ryan M. Niemiec, 2023-07-10 This new, fully revised, and expanded second edition of the handbook for the groundbreaking, evidence-based Mindfulness-Based Strengths Practice (MBSP) program is the guide you need in your professional practice. Developed by author Dr. Ryan M. Niemiec, scientist, educator, practitioner, and a global leader in mindfulness and character strengths, the MBSP approach is about the discovery, deepening awareness, exploration, and application of character strengths. It is about understanding and improving how we pay attention in life - the quality by which we eat, walk, work, listen, and experience joy and peace. And it is about seeing our potential - which sits underneath our strengths of perseverance, bravery, curiosity, hope, kindness, fairness, and leadership - and which, unleashed, could benefit the world. MBSP is not only about our clients' own happiness, it is about the happiness of others too. And it is an evolving, evidence-based program that can help people to relieve their suffering by using mindfulness and character strengths to cope with, overcome, or transcend problems, stressors, and conflicts. Counselors, coaches, psychologists, researchers, educators, and managers will discover the how-to delivery of mindfulness and character strengths. Following primers on the two strands of MBSP and deeper discussions about their

integration, practitioners are then led step-by-step through the 8 sessions of the popular MBSP program. The session structure, scripts, tips, lecture material, processes, examples, and audio files are all there ready for use. This time-tested manual can bring beginners up-to-date on these topics while also serving to stimulate, inform, and provide valuable tools to the intermediate and most advanced students of mindfulness and character strengths. A companion workbook is also available for clients.

**headspace for work vs free consumer version:** *A Political Economy of Attention, Mindfulness and Consumerism* Peter Doran, 2017-07-14 The power of capital is the power to target our attention, mould market-ready identities, and reduce the public realm to an endless series of choices. This has far-reaching implications for our psychological, physical and spiritual well-being, and ultimately for our global ecology. In this consumer age, the underlying teachings of Buddhist mindfulness offer more than individual well-being and resilience. They also offer new sources of critical inquiry into our collective condition, and may point, in time, to regulatory initiatives in the field of well-being. This book draws together lively debates from the new economics of transition, commons and well-being, consumerism, and the emerging role of mindfulness in popular culture. Engaged Buddhist practices and teachings correspond closely to insights in contemporary political philosophical investigations into the nature of power, notably by Michel Foucault. The 'attention economy' can be understood as a new arena of struggle in our age of neoliberal governmentality; as the forces of enclosure – having colonized forests, land and the bodies of workers – are now extended to the realm of our minds and subjectivity. This poses questions about the recovery of the 'mindful commons': the practices we must cultivate to reclaim our attention, time and lives from the forces of capitalization. This is a valuable resource for students and scholars of environmental philosophy, environmental psychology, environmental sociology, well-being and new economics, political economy, environmental politics, the commons and law, as well as Buddhist theory and philosophy.

**headspace for work vs free consumer version:** *Healing Self-Injury* Janis Whitlock, Elizabeth Lloyd-Richardson, 2019 Parents who discover a teen's self-injurious behavior are gripped by uncertainty and flooded with questions - Why is my child doing this? Is this a suicide attempt? What did I do wrong? What can I do to stop it? And yet basic educational resources for parents with self-injuring children are sorely lacking. *Healing Self-Injury* provides desperately-needed guidance to parents and others who love a young person struggling with self-injury.

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