

Mindfulness for the Neurodivergent Mind

Additional Resources for Google Pause, February 2022

Connect with the Presenter

Dr. Nicole Tetreault

Dr. Nicole Tetreault is a compassionate neuroscientist, author, meditation teacher, and international speaker on topics of neurodiversity, neurodevelopment, creativity, mental health, and wellness. Her [book](#), *Insight into a Bright Mind*, explores groundbreaking research examining the experiences of unique, creative, and intense brains while advocating for new directions of human diversity and neurodiversity. Nicole received her Ph.D. from California Institute of Technology (Caltech) in biology specializing in neurodevelopment and neurodegenerative disorders. She is the founder of [Awesome Neuroscience](#) and translates the most promising neuroscience and positive psychology for people to live their best life. She is Faculty at Bridges Graduate School of Cognitive Diversity in Education. Nicole leads a new generation of meditation practices by fusing novel discoveries in neuroscience with the ancient lineage of Buddhist meditation. As recipient of the Milton Career Exploration Prize from Caltech, she founded the novel non-profit [Beyond the Cell](#), a transformative program to rehabilitate incarcerated women through guided meditation, neuroscience, literature, and expressive writing. Nicole believes we have the ability to wire our minds for positive plasticity through compassion and wisdom and live the life we dream. For more about Nicole, please visit [nicoletetreault.com](#) and [beyondthecell.org](#).

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Neurodiversity, 2e, & Inclusion Resources

Books

Insight into a Bright Mind: A Neuroscientist's Personal Stories of Original Thinking, Nicole A. Tetreault, PhD

Neurotribes, Steve Silberman

Differently Wired, Debbie Reber

The Short Bus and *Normal Sucks*, Jonathan Mooney

Online Resources

REEL 2e [Fact Sheet](#) for Parents and Educators

“Autism Through the Female Lens” [Background and Select Resources](#) by REEL

High intelligence: A risk factor for psychological and physiological overexcitabilities Paper from [Intelligence](#), 2018

Emotionally Gifted and Navigating the World [blog post](#) by Dr. Nicole Tetreault

“Living & Learning 2e: What Teens Say” [Series](#) by REEL

“Rethinking Adulthood: A Neurodiverse Trajectory” [recorded presentation](#) by Amy Faigin, hosted by REEL and Community Advisory Committee for Special Education in Palo Alto

Organizations

REEL: <https://www.reel2e.org/>

SENG: <https://www.sengifted.org>

2e News: <https://www.2enews.com>

GHF: <https://ghfdialogue.org>

Meditation Resources

Books

The Book of JOY, Dalai Lama and Desmond Tutu

How to LOVE, Thich Nhat Hanh

Thoughts

<https://jackkornfield.com/wise-thought/>

Compassion

<https://www.lionsroar.com/living-the-compassionate-life/>

<https://www.nicoletetreault.com/single-post/2017/08/12/loving-kindness-meditation>

<https://www.nicoletetreault.com/single-post/2017/06/29/kick-start-your-compassionate-brain>

Organizations + Writings

Insight LA: <https://insightla.org/>

Spirit Rock: <https://www.spiritrock.org>

East Bay Meditation Center: <https://eastbaymeditation.org>

Online Tools

Insight Timer App - guided meditations, courses, talks - <https://insighttimer.com/>

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