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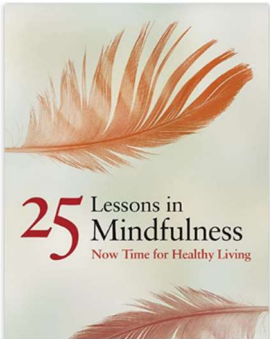
Mindfulness/Meditation Resources

discovering the positive side of it all through science & emotional health

helps with anxiety, depression, focus, and trauma healing

Practice Mindfulness & Meditation with some instruction on overcoming barriers, calm ways to feel calm, and practice. Mindfulness is accumulative so the more you do it, the better you will feel.

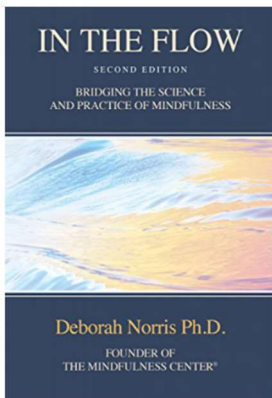
Disclaimer: Please note that the following links to Amazon are provided as affiliate links solely for your convenience. It is important to mention that all proceeds generated from these links are dedicated to supporting a nonprofit organization that works towards benefiting Veterans and foster families. For further details about this nonprofit, kindly visit www.anngraceministry.com.



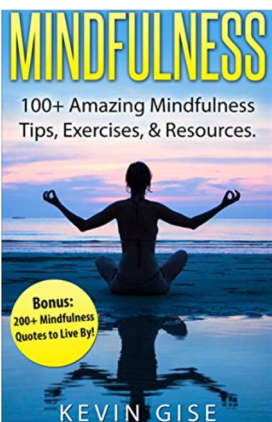
The practice of mindfulness has received increasing recognition in recent years as a simple, important, and effective means for maintaining physical and emotional health and well-being. This book presents a practical, step-by-step approach for establishing your own mindfulness practice. Brief introductory chapters explain the scientifically proven effects on health, as well as the philosophy behind this ancient practice. The remainder of the book consists of 25 experiential lessons that guide you through various meditative practices. You will learn to be mindful of your breath, sounds, sights, tastes, movements, physical sensations, thoughts, and feelings as you maintain a compassionate attitude toward yourself and others.



These resources are taken from the website the group sessions are based upon during the group sessions provided each week. Two sessions are introductory in nature and the second set are a more advanced (FitMind) mindfulness practice and teaching.

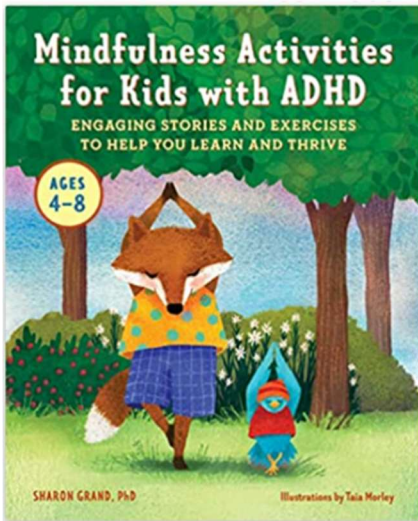


In the Flow: Bridging the Science and Practice of Mindfulness will change the way you live your life! In clear and captivating style, neuroscientist, Dr. Deborah Norris, lays out new theories in the science of mindfulness, revealing how simple practices are able to remove our roadblocks to health and happiness. You can get back In the Flow and live the life of your own choosing by identifying and using mindfulness practices that work for you.



Being mindful means living in each moment and experiencing it fully. It teaches you how to become fully aware of yourself and your surroundings while also improving focus and attentiveness. Mindfulness has been scientifically proven to help improve symptoms of insomnia, depression, anxiety, along with aiding in stress relief and better general well-being.

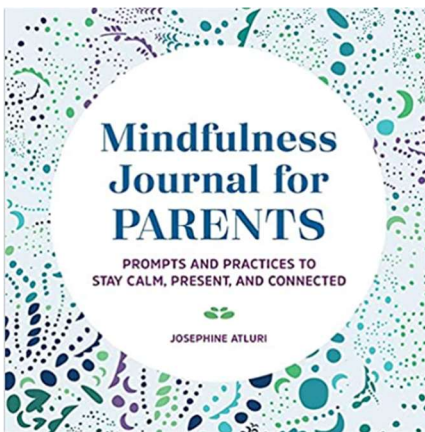
Mindfulness can teach you how to stop worrying about your future and start living in the present. It'll help you focus your energy and passion into living a happier and more productive life. I've found that once I started practicing mindfulness in my daily life I was able to increase my productivity at work, and still have plenty of time to spend experiencing life with my friends and family.



Give kids the tools to stay mindful and in control with this unique choice in ADHD books for kids. Featuring three different tales, it follows a group of animal friends who experience some of the signs of ADHD on their adventures and explains the mindfulness activities they practice to stay confident and positive.

This standout among ADHD books for kids includes:

- **Questions and activities**—Every story presents strategies for kids to try, like writing down their feelings, using their “puppy breath” when they’re feeling anxious, and how to “wiggle and freeze” when their body is full of excitement.
- **Kids and parents**—Whether kids can read this book by themselves or prefer it read aloud, grown-ups can get involved by encouraging kids to practice the mindfulness activities they learn.
- **Familiar friends**—Kids will see themselves in these smart and talented animal characters who encounter challenges with socializing, staying focused, and understanding their feelings.



Discover the power of mindful parenting:

- **Insightful topics**—Focused on everything from gratitude to staying cool in a crisis, these mindful parenting journal prompts help you appreciate the little moments and manage the tough times.
- **Thoughtful writing**—See how reflecting on your thoughts and reactions helps you engage with your kids from a place of compassion, and defines your values and priorities.
- **Support and challenge**—The mindful parenting exercises in this journal are designed to encourage and support you as a parent but also challenge your thoughts and behaviors to see if they serve your goals for your family.



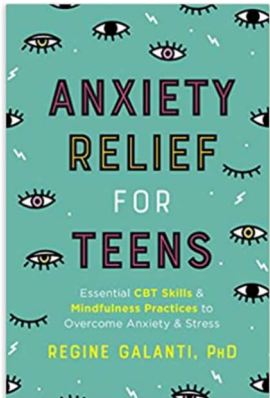
Daily Calm | 10 Minute Mindfulness Meditation | Be Present
 Tamara Levitt guides this 10 minute Daily Calm mindfulness meditation to powerfully restore and re-connect with the present.



Become Your Best Self: Guided Mindfulness Meditation: Being the Boundless

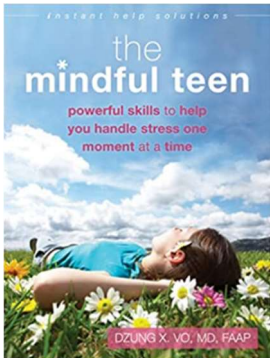
This guided mindfulness meditation session will focus on self-realization by helping you to become your best self. It is what I call being the boundless. If we open our minds and find self-acceptance. This can bring healing by helping to lower anxiety and stress, and bring a feeling of calm and inner peace. This session is 15 minutes total, with 9 minutes of spoken dialogue followed by 6 minutes of ambient music. You can enjoy this meditation daily, either in the morning, at a break in the day, or before you sleep at night. Let it free your mind - become the boundless! ~~~ I strive to create some of the most calming and relaxing online guided meditations on YouTube. Some

of the most popular topics are better sleep, morning sessions, and healing anxiety. If you enjoyed these sessions, please subscribe and visit my website for a meditation guide and more information: <http://www.mindfulpeacejourney.com>



Is anxiety disrupting your life? With proven CBT-based skills and mindfulness techniques, this book can be your guide out of the spiraling stress of anxiety and get you back on track to living a happy and healthy life.

Getting good grades, keeping up with social media, maintaining friendships ... you have a lot on your plate and it's more difficult when you add anxiety to the mix. You may even be avoiding situations, events, or people that could trigger your anxiety. So, how do you stop yourself from missing out on life? With *Anxiety Relief for Teens*, Dr. Regine Galanti teaches you how CBT-based skills and mindfulness techniques can help you manage your anxiety and reverse negative patterns. Through simple and effective exercises that help you change your thoughts, behaviors, and physical reactions, this helpful guide gives you the tools you need to navigate all of life's challenges.



In this powerful book, a pediatrician specializing in teen and adolescent medicine offers a breakthrough mindfulness program to help you deal with stress in healthy ways, improve communication, and reduce conflicts with family and friends.

Being a teen is stressful! Whether it's school, friends, or dating, the teen years are full of difficult changes—both mentally and physically. If you're like many teens, you may have difficulty dealing with stress in effective ways. You aren't alone, and there are things you can do to stay calm, no matter how stressful life becomes. All you need to do is stop, breathe, and be mindful and aware in the present moment. *The Mindful Teen* offers a unique program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) to help you deal with stress. The simple, practical, and easy-to-remember tips in this book can be used every day to help you handle any difficult situation more effectively—whether it's taking a test at school, having a disagreement with your parents, or a problem you are having with friends. If you're ready to uncover your own inner strength and resilience through mindful awareness and take charge of your life, this book will show you how.

Pay it forward--giving hope to those in need . . . click on picture to donate.

