



Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience (Paperback)

By Christopher Willard

SOUNDS TRUE INC, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Introducing mindfulness into the lives of our children and teenagers is perhaps the greatest gift we can offer. Mindfulness builds emotional intelligence, boosts happiness, increases curiosity and engagement, reduces anxiety and depression, soothes the pain of trauma, and helps kids (and adults) focus, learn, and make better choices. If that weren't enough, research now shows that mindfulness significantly enhances what psychologists call flourishing --the opposite of depression and avoidance. Growing Up Mindful helps parents, educators, and counselors learn how to embody and share the skills of mindfulness that will empower our children with resilience throughout their lives. With more than 75 accessible exercises and practices, along with adaptations for the individual needs of a wide range of children and teens, this inspiring guidebook brings you road-tested insights and tools for: - Tapping the power of the imagination, play, and creativity - Body-based mindfulness and movement practices - Creatively overcoming resistance and gaining kids buy-in - The mindful use of technology and social media - Building the foundation through your own personal practice - Attending and Befriending --two positive responses to stress - Setting intentions...



READ ONLINE
[7.83 MB]

Reviews

The ebook is fantastic and great. I am quite late in start reading this one, but better then never. Your life period will probably be convert as soon as you comprehensive reading this ebook.

-- **Dr. Albertha Hoppe**

A top quality publication as well as the font utilized was fascinating to read. It is among the most incredible pdf i actually have read through. I am easily could get a pleasure of looking at a created publication.

-- **Scot Howe**