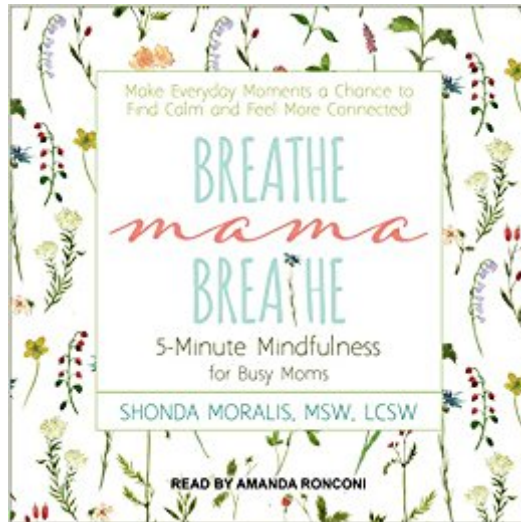




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Breathe, Mama, Breathe: 5-Minute Mindfulness For Busy Moms



Synopsis

Moms can feel as if they are sprinting through life, crashing onto the pillow at day's end only to start again the next morning. In *Breathe, Mama, Breathe*, psychotherapist Shonda Moralis outlines the benefits of daily meditation and shows moms how to do it-in just five minutes. Plus, she shares over sixty mindful breaks that will help moms tune into their own well-being (along with everyone else's): Eat a mindful breakfast-with no phone, TV, or newspaper! Cuddle your child and take three deep breaths together. Give yourself a mindful-mommy high five-because moms can use positive reinforcement, too. Every mom-whether caring for a new baby, an overscheduled grade-schooler, or an angsty teen-can become a mindful mama!

Book Information

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Customer Reviews

"[A] Mom Must-Read" ---Parents Magazine

Shonda Moralis, MSW, LCSW, is a psychotherapist in private practice specializing in stress-related disorders and mindfulness-based therapy. She writes the Psychology Today blog *Breathe, Mama, Breathe* and her own blog at shondamoralis.net. Amanda Ronconi is an actress and narrator who divides her time between New York City and upstate New York. She holds a BFA from New York University, where she studied at the Stella Adler Conservatory. Amanda has performed in theaters around New York City and regionally, as well as on film and television.

Love the fact that I can pick it up and read & practice in short bursts -- the whole book is designed to

be mommy friendly like that!

This book has a lot of really good ideas how you can take time out for you and to focus on your child with quality time.

I love this book. I am not a mom and I have learned so much from reading it. It truly is for anyone. It has taught me to just be still even if it's for 5 minutes a day. Sometimes you just have to stop and breathe !! Love it.

Wonderful book, a must for every mom to read and go back to again and again.

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