



## Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

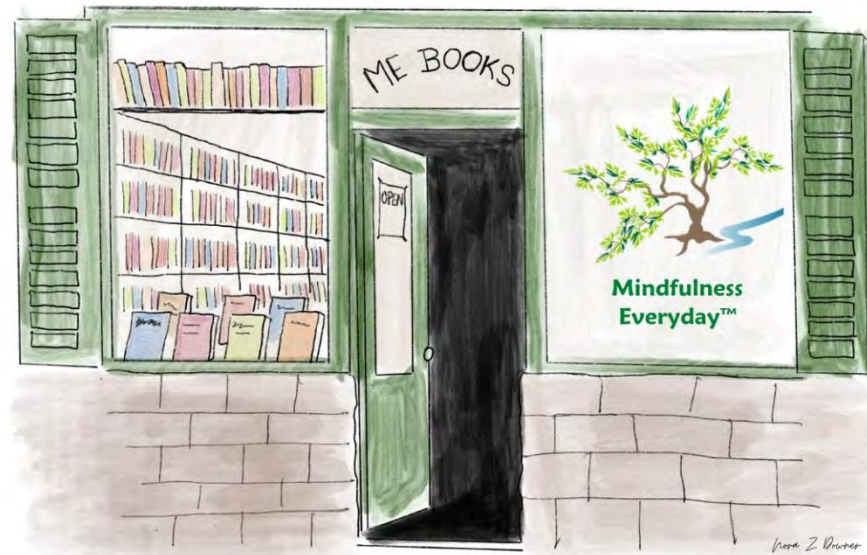
*This selected list of resources is the result of over a decade of providing mindfulness programs in educational and community settings. It reflects the content of our own personal library and offers a diversity of approaches – there is no one size fits all in mindfulness.*

*We encourage those on the journey to investigate for themselves what resonates, and what resources they can use with confidence and authenticity. ~ Heidi Bornstein and Stephen Chadwick, founders, Mindfulness Everyday.*

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## Mindfulness Everyday's Bookstore





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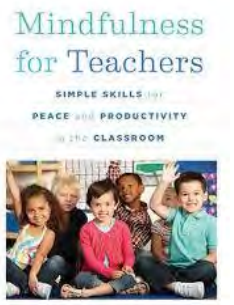
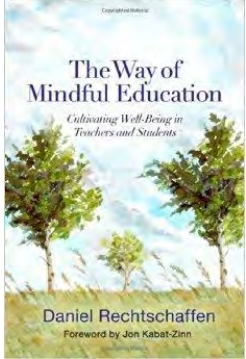
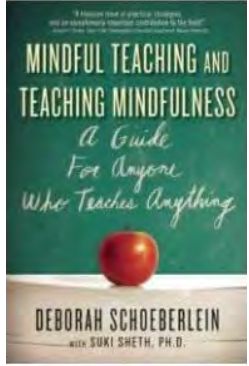
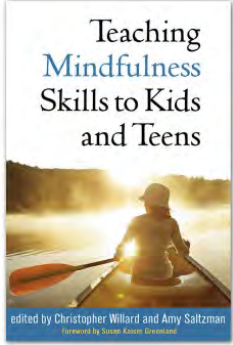

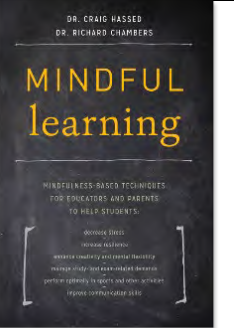
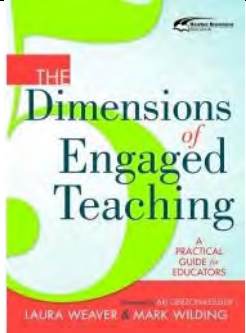
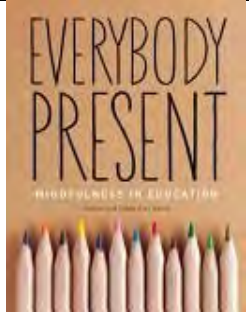
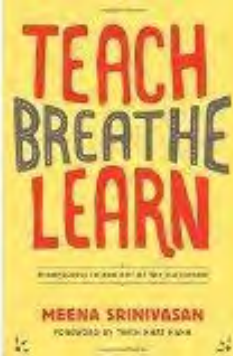
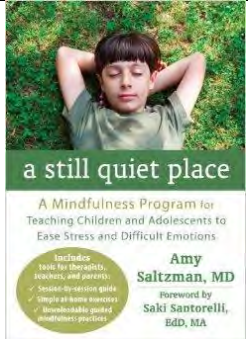
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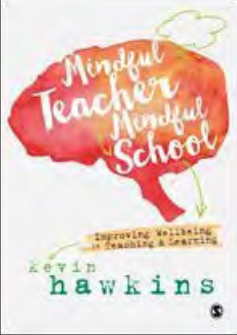
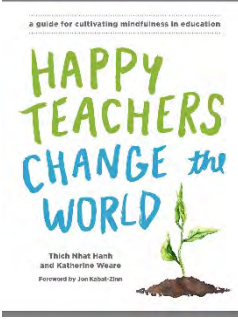
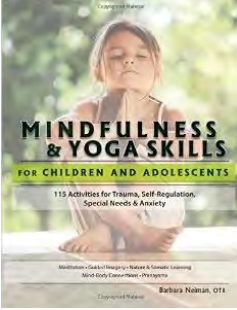
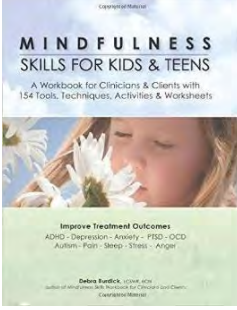
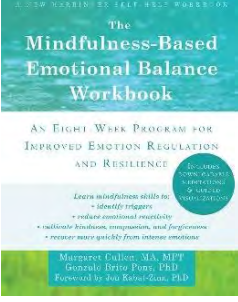

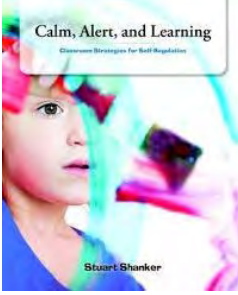
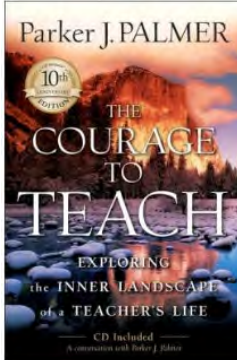
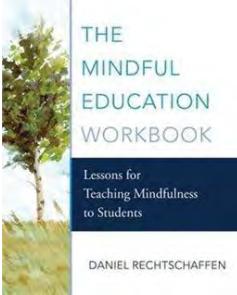
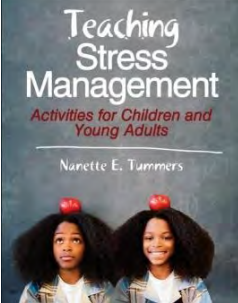
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## 1. Mindfulness Books for Educators

 <p><b>Mindfulness for Teachers:</b> <b>Simple Skills for Peace &amp; Productivity in the Classroom</b> by Patricia A. Jennings</p>	 <p><b>The Way of Mindful Education:</b> <b>Cultivating Well-Being in Teachers and Students</b> by Daniel Rechtschaffen</p>	 <p><b>Mindful Teaching &amp; Teaching Mindfulness:</b> <b>A Guide for Anyone Who Teaches Anything</b> by Deborah Schoeberlein</p>	 <p><b>Teaching Mindfulness Skills to Kids and Teens</b> by Susan Kaiser Greenland JD (Foreword), Christopher Willard PsyD, Amy Saltzman MD (Editors)</p>	 <p><b>The Mindful School Leader:</b> <b>Practices to Transform Your Leadership &amp; School</b> by Valerie Brown &amp; Kristen Olson</p>
 <p><b>Mindful Learning:</b> <b>Mindfulness-Based Techniques for Educators and Parents to Help Students</b> by Dr. Craig Hassed &amp; Dr. Richard Chambers</p>	 <p><b>The 5 Dimensions of Engaged Teaching:</b> <b>A Practical Guide for Educators</b> by Laura Weaver &amp; Mark Wilding</p>	 <p><b>Everybody Present:</b> <b>Mindfulness in Education</b> by Nikolaj Rotne</p>	 <p><b>Teach, Breathe, Learn:</b> <b>Mindfulness in &amp; out of the Classroom</b> by Meena Srinivasan</p>	 <p><b>A Still Quiet Place:</b> <b>A Mindfulness Program for Teaching Children &amp; Adolescents to Ease Stress &amp; Difficult Emotions</b> by Amy Saltzman</p>

 <p><b>Mindful Teacher, Mindful School: Improving Wellbeing in Teaching and Learning</b> by Kevin Hawkins - Independent Educational Consultant and Trainer</p>	 <p><b>Happy Teachers Change the World</b> by Thich Nhat Hanh and Katherine Weare; Foreword by Jon Kabat-Zinn</p>	 <p><b>Mindfulness &amp; Yoga Skills for Children &amp; Adolescents: 115 Activities for Trauma, Self-Regulation, Special Needs &amp; Anxiety</b> by Barbara Neiman</p>	 <p><b>Mindfulness Skills for Kids &amp; Teens: A Workbook for Clinicians &amp; Clients with 154 Tools, Techniques, Activities &amp; Worksheets</b> by Debra Burdick</p>	 <p><b>The Mindfulness-Based Emotional Balance Workbook: An Eight-Week Program for Improved Emotion Regulation and Resilience</b> by Margaret Cullen, Gonzalo Brito Pons</p>
 <p><b>Well Aware: Developing Resilient, Active, &amp; Flourishing Students</b> by Patrick Carney, Ph.D.</p>	 <p><b>Calm, Alert, and Learning: Classroom Strategies for Self-Regulation</b> by Stuart Shanker</p>	 <p><b>The Courage to Teach: Exploring the Inner Landscape of a Teacher's Life</b> by Parker J. Palmer</p>	 <p><b>The Mindful Education Workbook: Lessons For Teaching Mindfulness To Students</b> by Daniel Rechtschaffen</p>	 <p><b>Teaching Stress Management: Activities for Children &amp; Young Adults</b> by Nanette E. Tummers</p>

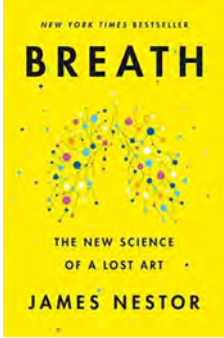
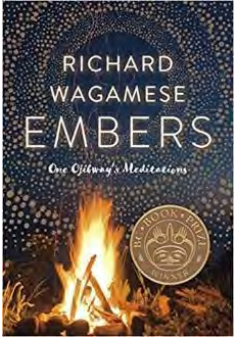
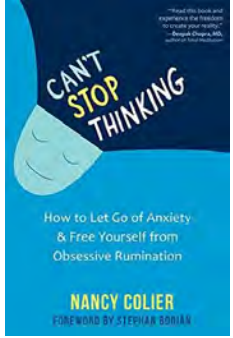
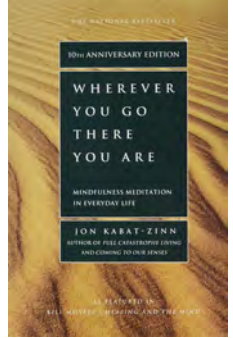
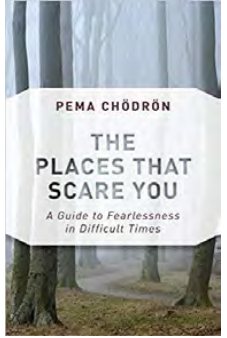


 <p><a href="#">Ensouling Our Schools: A Universally Designed Framework for Mental Health, Well-Being, and Reconciliation by Jennifer Katz and Kevin Lamoureux</a></p>	 <p><a href="#">The Power of Mindful Learning by Ellen J. Langer</a></p>	 <p><a href="#">The Triple Focus: A New Approach to Education Kindle eBook by Daniel Goleman &amp; Peter Senge</a></p>	 <p><a href="#">Heart to Heart: Three Systems for Staying Connected: A Manual for Parents and Teachers by Gina Simm</a></p>	 <p><a href="#">Distracted: Why Students Can't Focus and What You Can Do About It by James M. Lang</a></p>
 <p><a href="#">Onward: Cultivating Emotional Resilience in Educators by Elena Aguilar</a></p>	 <p><a href="#">The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive by Elena Aguilar</a></p>			

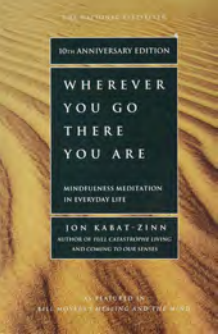
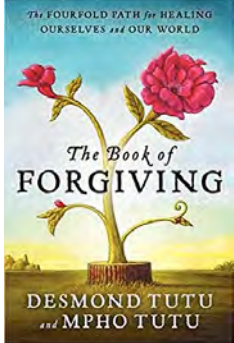

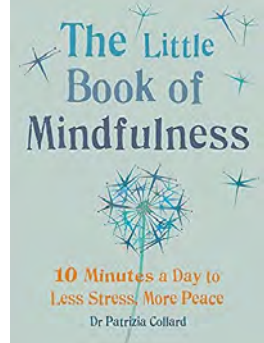
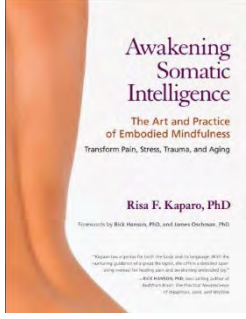
2. Self-Care for Educators

 <p><a href="#">Teacher Burnout Turnaround: Strategies for Empowered Educators By Patricia A. Jennings</a></p>	 <p><a href="#">Helping Effortlessly: A Book of Inspiration and Healing by Jenn Bruer</a></p>	 <p><a href="#">Self-Compassion for Educators: Mindful Practices to Awaken Your Well-Being and Grow Resilience by Lisa Baylis (Author), Kristin Neff (Foreword)</a></p>	 <p><a href="#">The Teacher Self-Care Manual: Simple Self-Care Strategies for Stressed Teachers by Patrice Palmer</a></p>	 <p><a href="#">Teaching Well: How healthy, empowered teachers lead to thriving, successful classrooms by Lisa Bush</a></p>
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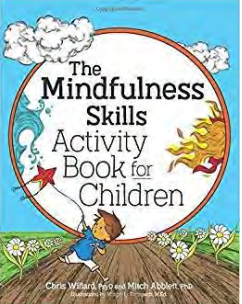

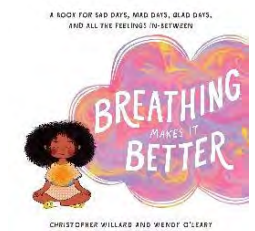
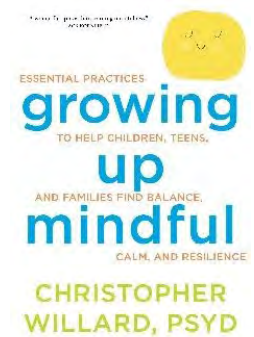
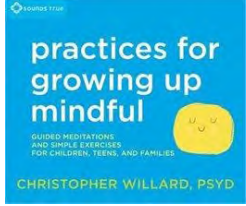
3. Facilitator Summer Picks

 <p><a href="#">Breath: The New Science of a Lost Art by James Nestor</a></p>	 <p><a href="#">Embers: One Ojibway's Meditations Paperback by Richard Wagamese</a></p>	 <p><a href="#">Can't Stop Thinking: How to Let Go of Anxiety and Free Yourself from Obsessive Rumination by Nancy Colier (Author), Stephan Bodian (Foreword)</a></p>	 <p><a href="#">Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life by Jon Kabat-Zinn</a></p>	 <p><a href="#">The Places That Scare You: A Guide to Fearlessness in Difficult Times by Pema Chödrön</a></p>
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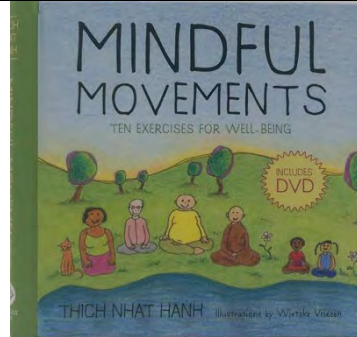
 <p><a href="#">Wherever you go, There you are by Jon Kabat-Zinn.</a></p>	 <p><a href="#">The Book of Forgiving by Desmond and Mpho Tutu</a></p>	 <p><a href="#">What Happened To You by Dr. Bruce D. Perry and Oprah Winfrey</a></p>	 <p><a href="#">The little book of mindfulness by Dr. Patrizia Collard</a></p>	 <p><a href="#">Awakening Somatic Intelligence: The Art and Practice of Embodied Mindfulness by Risa F. Kaparo PH.D. (Author), Rick Hanson (Foreword), James L. Oshman (Foreword)</a></p>
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### 4. Mindfulness Books for Educators for Use with Students

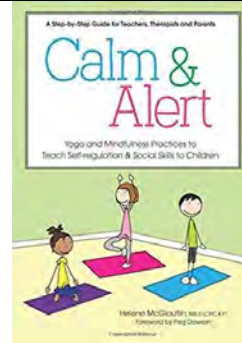
 <p><a href="#">The Mindfulness Skills Activity Book for Children by Mitch Abblett &amp; Christopher Willard</a></p>	 <p><a href="#">Alphabreaths: The ABCs of Mindful Breathing by Christopher Willard PsyD &amp; Daniel Rechtschaffen MA (Authors), Holly Clifton-Brown (Illustrator) YouTube Link <a href="https://www.youtube.com/watch?v=Dnvn6t51TyQ">https://www.youtube.com/watch?v=Dnvn6t51TyQ</a></a></p>	 <p><a href="#">Breathing Makes It Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between by Christopher Willard &amp; Wendy O'Leary</a></p>	 <p><a href="#">Growing Up Mindful: Essential Practices to Help Children, Teens, &amp; Families Find Balance, Calm, &amp; Resilience by Christopher Willard PsyD</a></p>	 <p><a href="#">Practices For Growing Up Mindful: Guided Meditations &amp; Simple Exercises For Children, Teens, &amp; Families By Christopher Willard PsyD (audio book)</a></p>
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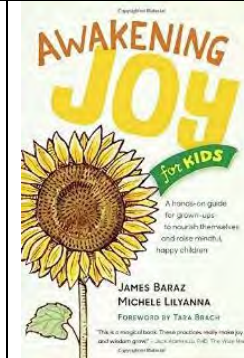
[Fostering Mindfulness: Building Skills That Students Need to Manage Their Attention, Emotions, and Behavior in Classrooms and Beyond](#) by Shelley Murphy



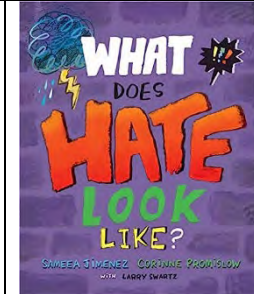
[Mindful Movements: Ten Exercises for Well-Being](#) by Thich Nhat Hanh



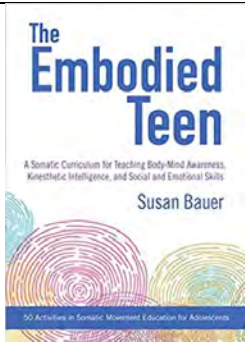
[Calm & Alert: Yoga and Mindfulness Practices to Teach Self-regulation and Social Skills to Children](#) by Helene McGlaufflin



[Awakening Joy for Kids](#) by James Baraz



[What Does Hate Look Like?](#) by Sameea Jimenez (Author), Corinne Promislow (Author), Larry Swartz



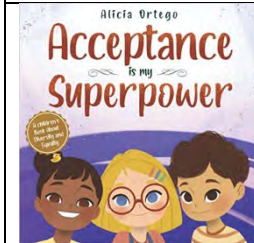
[The Embodied Teen: A Somatic Curriculum for Teaching Body-Mind Awareness, Kinesthetic Intelligence, and Social and Emotional Skills--50 Activities in Somatic Movement Education](#) by Susan Bauer



[The MYndful Movement Program: Your Complete Guide to Mindfulness in the Classroom Grade 1-6 & Grade 7-12 Stand-Alone Activities 8-Week Programs MYndfulness of Breath, Body & Mind](#) by Deb Taylor (Author), Jenna Lynn Brooks (Illustrator), Wendy Scavuzzo (Editor)



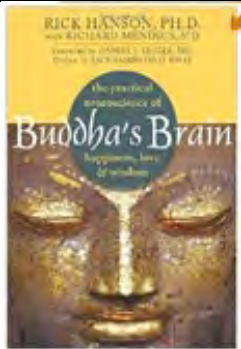
[Stronger: Social Emotional Book for Kids about Diversity and Kindness \(Children's Book for Boys and Girls\)](#) by Elizabeth Cole (Author), Julia Kamenshikova (Illustrator)



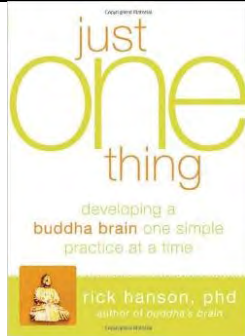
[Acceptance is my Superpower: A children's Book about Diversity and Equality](#) by Alicia Ortego



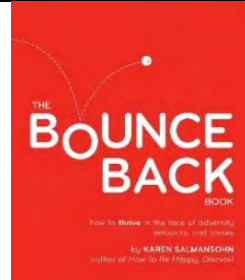
5. Practicing Mindfulness in Daily Life



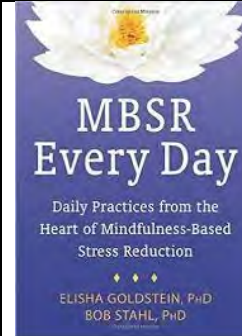
[Buddha's Brain: The Practical Neuroscience of Happiness, Love, & Wisdom by Rick Hanson](#)



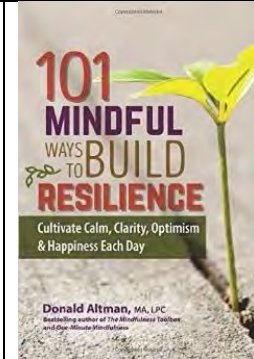
[Just One Thing: Developing a Buddha Brain One Simple Practice at a Time by Rick Hanson](#)



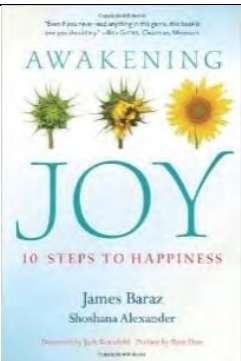
[The Bounce Back Book by Karen Salmansohn](#)



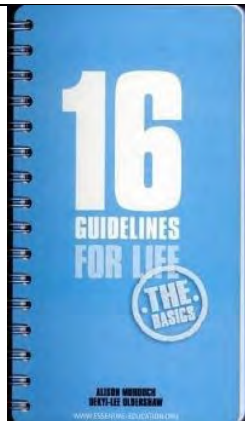
[MBSR Every Day: Daily Practices From the Heart of Mindfulness-Based Stress Reduction by Elisha Goldstein, PhD & Bob Stahl, PhD](#)



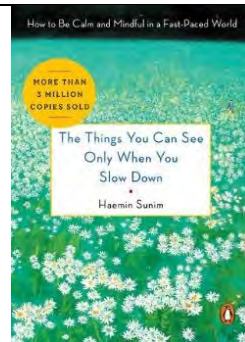
[101 Mindful Ways to Build Resilience: Cultivate Calm, Clarity, Optimism & Happiness Each Day by Donald Altman](#)



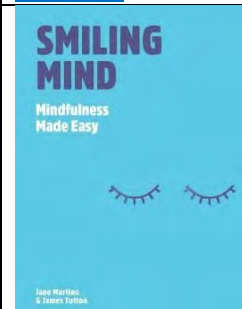
[Awakening Joy: 10 Steps to True Happiness by James Baraz](#)



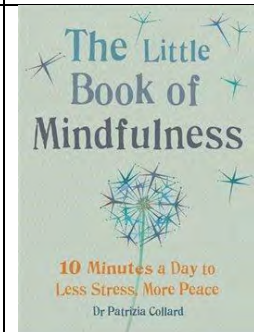
[16 Guidelines for a Happy Life by Alison Murdoch and Dekyi-Lee Oldershaw](#)



[The Things You Can See When You Slow Down by Haemin Sunim](#)



[Smiling Mind: Mindfulness Made Easy by James Tutton and Jane Martino](#)



[The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace by Dr. Patrizia Collard](#)





# Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

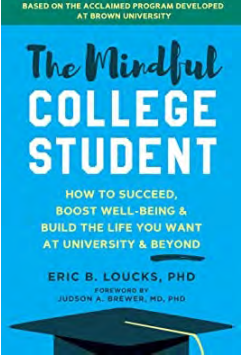
<a href="#">The Power of Now by Eckhart Tolle</a>	<a href="#">True Love by Tich Nhat Hanh</a>			

## 6. Teaching Mindfulness

<a href="#">Mindful Teaching &amp; Teaching Mindfulness: A Guide for Anyone Who Teaches Anything by Deborah Schoeberlein</a>	<a href="#">Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing by David A. Treleaven</a>	<a href="#">The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions by Rob Brandsma</a>	<a href="#">Essential Resources for Mindfulness Teachers by Rebecca S. Crane (Editor), Karunavira (Editor), Gemma M. Griffith (Editor)</a>	<a href="#">A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers by Christiane Wolf MD PhD (Author), J. Greg Serpa PhD (Author), Jack Kornfield PhD (Foreword)</a>



# Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

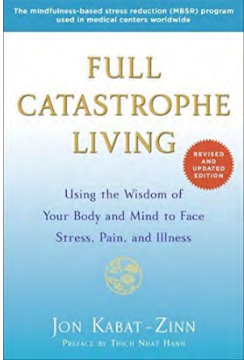
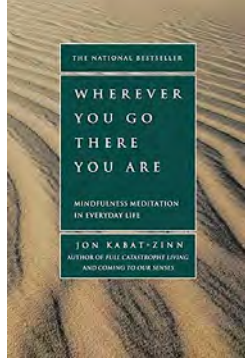
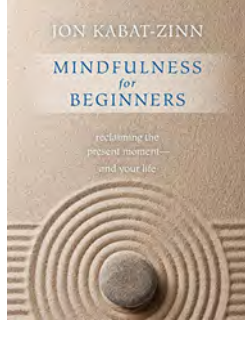
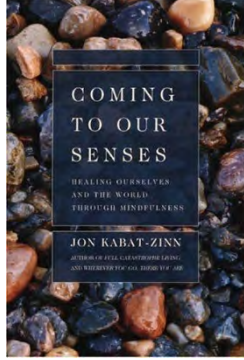
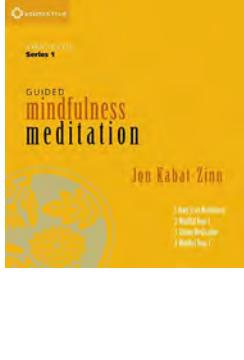
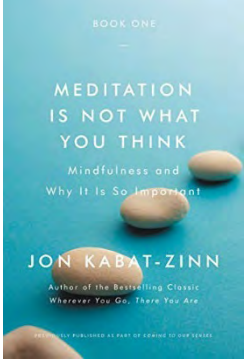
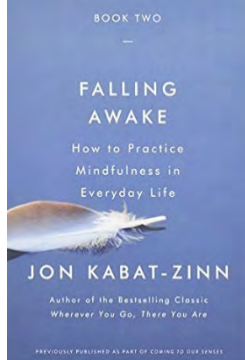
<p>Heidi's Pick: Practical strategies, easy to read, with practices for teachers and students. 200 pages</p>	<p>Heidi's Pick: Required for all mindfulness teachers, understanding the relationship between trauma and mindfulness with useful strategies to use in conducting groups. 233 pages</p>	<p>Heidi's Pick: Required for all mindfulness teachers, offering a systematic approach to developing the teaching methods, skills, and competencies needed to become a proficient mindfulness teacher. 304 pages</p>	<p>Heidi's Pick: Required for all mindfulness teachers, focusing on how to develop the craft of teaching mindfulness from examining MBSR and MBCT interventions. 226 pages</p>	<p>Heidi's Pick: Provides professionals with a comprehensive, session-by-session guide to teaching mindfulness, complete with the scripts and training materials needed to teach introductory mindfulness in a wide variety of settings. 232 pages</p>
 <p><a href="#">The Mindful College Student: How to Succeed, Boost Well-Being, and Build the Life You Want at University and Beyond by Eric B. Loucks (Author), Judson A. Brewer (Foreword)</a></p>				
<p>Heidi's Pick: Practices applicable to a college student, addressing the challenges of the transition into adulthood. Complete scripts. Integrates</p>				



# Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

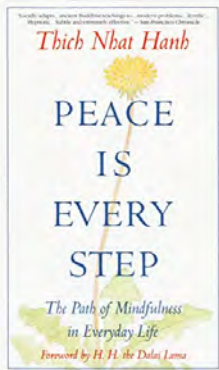
contemplative practices from Thich Nath Hahn. 210 pages				
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## 7. Jon Kabat-Zinn

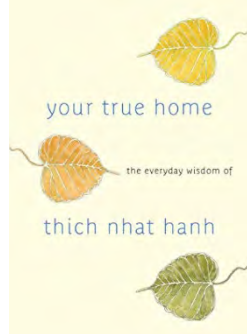
 <p><a href="#">Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn</a></p>	 <p><a href="#">Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life by Jon Kabat-Zinn</a></p>	 <p><a href="#">Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life by Jon Kabat-Zinn</a></p>	 <p><a href="#">Coming to Our Senses: Healing Ourselves and the World Through Mindfulness By Jon Kabat-Zinn</a></p>	 <p><a href="#">Guided Mindfulness Meditation Series 1: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn</a></p>
 <p><a href="#">Meditation Is Not What You Think: Mindfulness and Why It Is So Important by Jon Kabat-Zinn</a></p>	 <p><a href="#">Falling Awake: How to Practice Mindfulness in Everyday Life by Jon Kabat-Zinn</a></p>			



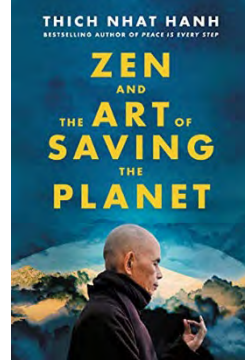
8. Thich Nhat Hanh



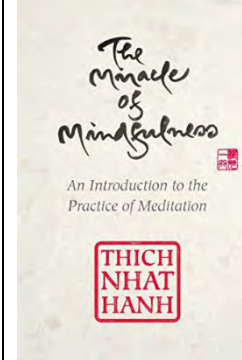
[Peace Is Every Step: The Path of Mindfulness in Everyday Life by Thich Nhat Hanh](#)



[Your True Home: The Everyday Wisdom of Thich Nhat Hanh: 365 days of practical, powerful teachings from the beloved Zen teacher Thich Nhat Hanh](#)



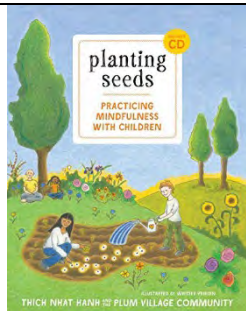
[Zen and the Art of Saving the Planet by Thich Nhat Hanh](#)



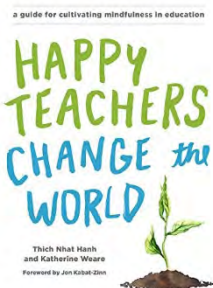
[The Miracle of Mindfulness, Gift Edition: An Introduction to the Practice of Meditation Thich Nhat Hanh](#)



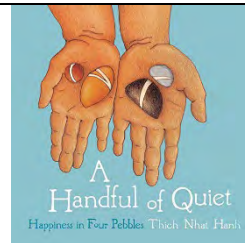
[This Moment Is Full of Wonders: The Zen Calligraphy of Thich Nhat Hanh](#)



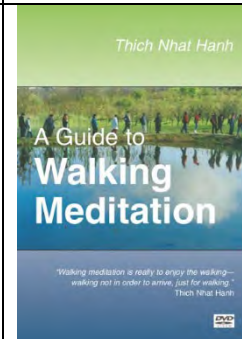
[Planting Seeds: Practicing Mindfulness with Children Thich Nhat Hanh](#)



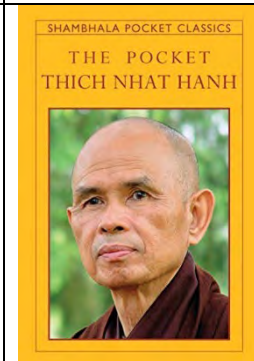
[Happy Teachers Change the World: A Guide for Cultivating Mindfulness in Education by Thich Nhat Hanh & Katherine Weare](#)



[A Handful of Quiet: Happiness in Four Pebbles by Thich Nhat Hanh](#)




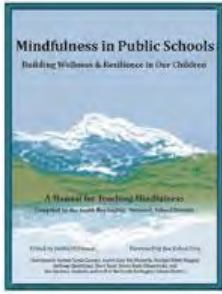
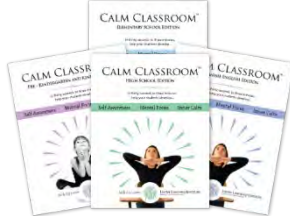
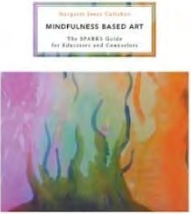


[A Guide to Walking Meditation by Thich Nhat Hanh](#)



[The Pocket Thich Nhat Hanh](#)

### 9. Mindfulness In Education Curricula: K – 12

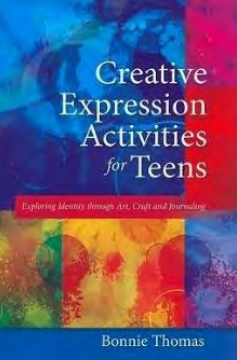
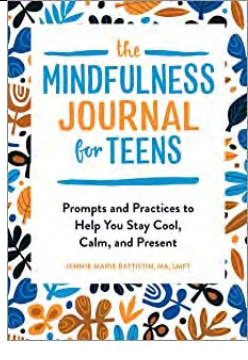


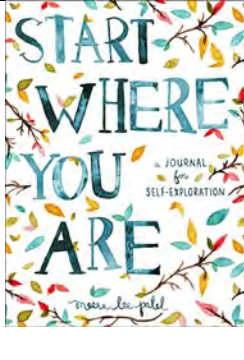
 <p><a href="#">The MindUP Curriculum: Grades Pre K - 2: Brain-Focused Strategies for Learning-&amp; Living by * The Hawk Foundation</a></p>	 <p><a href="#">The MindUP Curriculum: Grades 3-5: Brain-Focused Strategies for Learning-&amp; Living by The Hawk Foundation</a></p>	 <p><a href="#">The MindUP Curriculum: Grades 6-8: Brain-Focused Strategies for Learning-&amp; Living by The Hawk Foundation</a></p>	 <p><a href="#">Mindfulness in Public Schools: Building Wellness &amp; Resilience in Our Children</a> <b>A MANUAL FOR TEACHING MINDFULNESS</b></p>	 <p><a href="http://www.calmclassroom.com/">Calm Classroom</a> <a href="http://www.calmclassroom.com/">www.calmclassroom.com/</a> Training Manual &amp; Audio Recordings: Pre-Kindergarten &amp; Kindergarten / Elementary &amp; Middle School / High School Versions</p>
 <p><a href="#">Mindfulness Based Art The SPARKS Guide for Educators &amp; Counselors by Margaret Jones Callahan</a></p>	<p><b>Everyday Mental Health Classroom Resource</b></p> <p>This online downloadable resource is designed to support elementary educators (K-8) in this role by offering a repository of high-quality everyday mental health practices that can be easily incorporated into classroom routines.</p> <p>The practices are organized around the six common elements of effective evidence-based social-emotional learning programs: Stress Management and Coping Skills, Emotion Identification Skills, Positive Motivation Skills, Relationship Skills, Self-Confidence and Identity Skills, Executive Functioning Skills.</p> <p>The result of a collaboration between the Elementary Teachers' Federation of Ontario (ETFO) and School Mental Health ASSIST, with evidence/review support from the Centre for Addiction and Mental Health, Provincial System Support Program.</p> <p><a href="https://smh-assist.ca/emhc/#">https://smh-assist.ca/emhc/#</a></p>	<p><b>Generation Mindful</b> is dedicated to helping adults raise caring, confident, and resilient children through play-based social-emotional learning and positive discipline. Let's make teaching children about emotions as mainstream as teaching them their ABCs and 123s!</p> <p><b>Classroom Social-Emotional Learning Resources</b></p> <p>Generation Mindful's classroom tools are inclusive, easy to use, and foster a supportive classroom climate. Support social and emotional learning (SEL) in the classroom and bridge the learning into the home using our Classroom Time-In ToolKit® and Bridging Bundle. CASEL's National SEL Standards Aligned</p> <p><a href="https://genmindful.com/pages/genm-for-educators">https://genmindful.com/pages/genm-for-educators</a></p>		



10. Growth Mindset Books

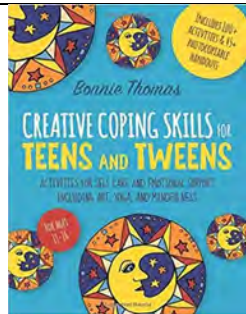
 <p><a href="#">How to Develop Growth Mindsets in the Classroom: The Complete Guide by Mike Gershon</a></p>	 <p><a href="#">The Growth Mindset Coach: A Teacher's Month-By-Month Handbook for Empowering Students to Achieve by Annie Brock</a></p>	 <p><a href="#">Mindsets in the Classroom: Building a Culture of Success &amp; Student Achievement in Schools by Mary Cay Ricci</a></p>	 <p><a href="#">Ready-to-Use Resources for Mindsets in the Classroom: Everything Educators Need for School Success by Mary Cay Ricci</a></p>	 <p><a href="#">Teaching that Changes Lives by Marilee Adams</a></p>
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11. Creative Art for Teens

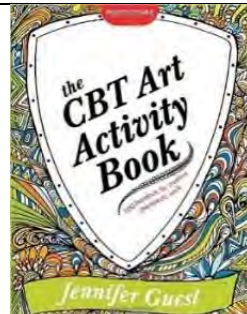
 <p><a href="#">Creative Expression Activities for Teens: Exploring Identity through Art, Craft &amp; Journaling by Bonnie Thomas</a></p>	 <p><a href="#">The Mindfulness Journal for Teens: Prompts and Practices to Help You Stay Cool, Calm, and Present by Jennie Marie Battistin MA LMFT</a></p>	 <p><a href="#">Stop Look Breathe Create by Ilex Press</a></p>	 <p><a href="#">Present, Not Perfect for Teens: A Journal for Slowing Down, Letting Go, and Being Your Awesome Self by Aimee Chase</a></p>	 <p><a href="#">Start Where You Are by Random House Canada</a></p>
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12. Creative Activities for Teens and Tweens

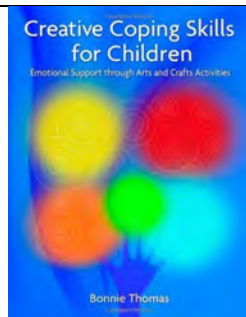


[Creative Coping Skills for Teens and Tweens \(11-16\): Activities for Self-Care & Emotional Support including Art, Yoga and Mindfulness by Bonnie Thomas](#)

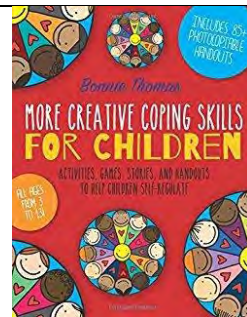


[CBT Art Activity Book: 100 Illustrated Handouts for Creative Therapeutic Work by Jennifer Guest](#)

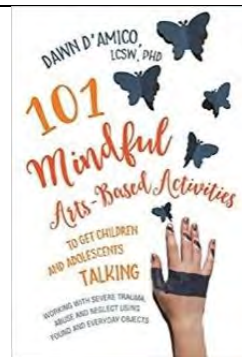
13. Creative Art Activities for Kids



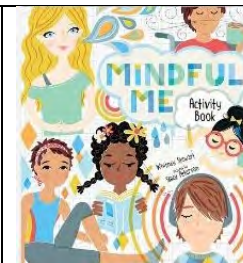
[Creative Coping Skills for Children: Emotional Support through Arts & Crafts Activities 1st Edition by Bonnie Thomas](#)



[More Creative Coping Skills for Children: Activities, Games, Stories, & Handouts to Help Children Self-regulate by Bonnie Thomas](#)




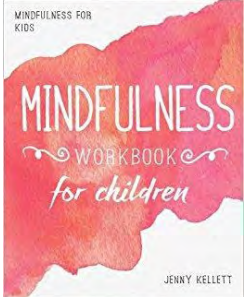



[101 Mindful Arts-Based Activities to Get Children and Adolescents Talking by Dawn D'Amico](#)



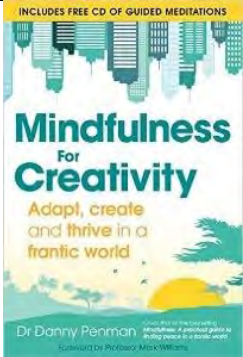

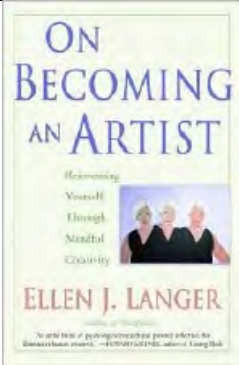
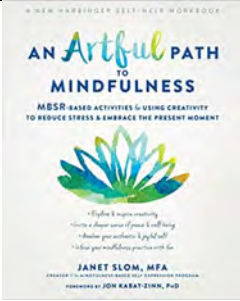

[Mindful Me Activity Book by Whitney Stewart \(Author\), Stacy Peterson \(Illustrator\).](#)



[Mindful Me: Mindfulness and Meditation for Kids by Whitney Stewart \(Author\), Stacy Peterson \(Illustrator\)](#)

 <p><b>Ultimate Mindfulness Activity Book: 150 Playful Mindfulness Activities for Kids and Teens (and Grown-Ups too!) by Christian Bergstrom</b></p>	 <p><b>Mindfulness for Kids: Mindfulness Workbook for Children (Volume 1) by Jenny Kellett</b></p>	 <p><b>The Invisible String Workbook: Creative Activities to Comfort, Calm, and Connect by Patrice Karst (Author), Dana Wyss, (Author), Joanne Lew-Vriethoff (Illustrator)</b></p>	 <p><b>The Invisible String Paperback by Patrice Karst (Author), Joanne Lew-Vriethoff (Illustrator)</b></p>	 <p><b>Mindful Monkey Magazines for Kids and Parents</b> <a href="https://mindfulmonkeymag.com/">https://mindfulmonkeymag.com/</a></p>
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## 14. Creativity & Mindfulness

 <p><b>Mindfulness for Creativity: Adapt, Create &amp; Thrive in a Frantic World by Dr Danny Penman</b></p>	 <p><b>Mindfulness &amp; the Art of Drawing by Wendy Ann Greenhalgh</b></p>	 <p><b>On Becoming an Artist: Reinventing Yourself Through Mindful Creativity by Ellen J. Langer</b></p>	 <p><b>An Artful Path to Mindfulness: MBSR-Based Activities Using Creativity to Reduce Stress and Embrace the Present Moment by Janet Slom MFA (Author), Jon Kabat-Zinn PhD (Foreword)</b></p>	 <p><b>The Mindfulness in Knitting: Meditations on Craft and Calm by Rachael Matthews</b></p>
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15. Art Activity Books

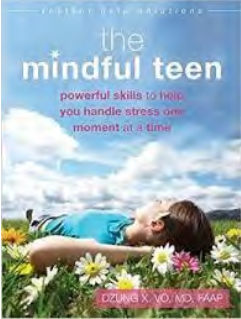
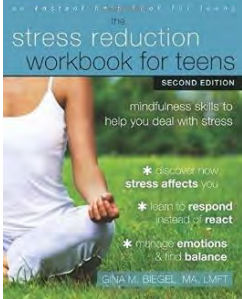
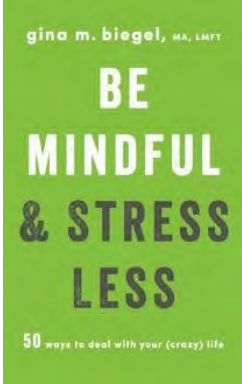
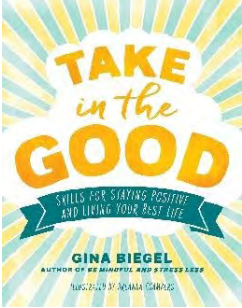
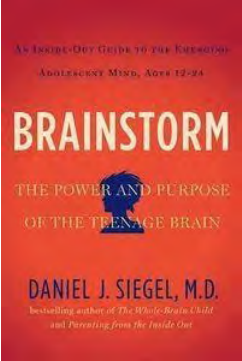
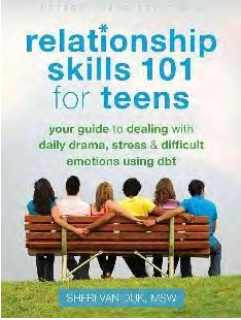
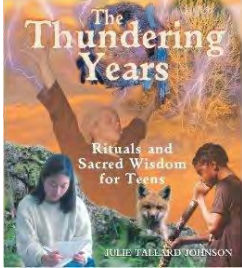
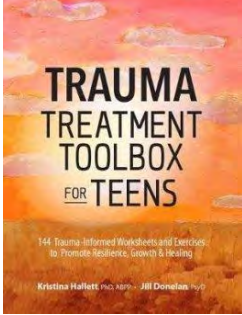
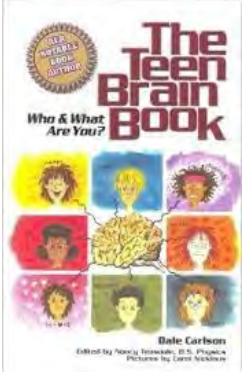

<p><a href="#">The Coloring Book of Mindfulness: 50 Quotes and Designs to Help You Focus, Slow Down, De-Stress by Quadrille Publishing (Author), Holly MacDonald (Illustrator)</a></p>	<p>Enjoy This Moment Adult Coloring Book by <a href="http://www.gogetglam.com">www.gogetglam.com</a></p>			

16. Journals

<p><a href="#">I Am Here Now: A Creative Mindfulness Guide and Journal by TarcherPerigee</a></p>	<p><a href="#">Wreck This Journal: Now in Color by Penguin Books</a></p>	<p><a href="#">Present, Not Perfect: A Journal for Slowing Down and Living with Grace, Meaning, and Connection by Celeste Bellemore</a></p>	<p><a href="#">Present, Not Perfect for Difficult Times: A Journal for Hope, Healing, and Comfort by Castle Point Books</a></p>	<p><a href="#">A Book That Takes Its Time: An Unhurried Adventure in Creative Mindfulness by Irene Smit (Author), Astrid van der Hulst (Author), Editors of Flow magazine (Author)</a></p>

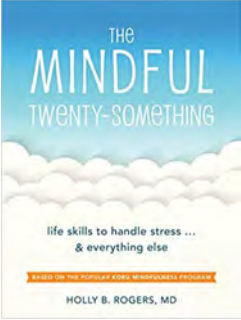
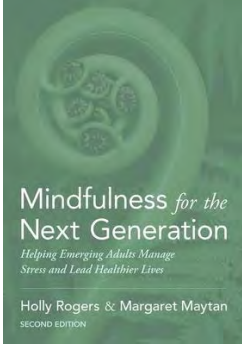
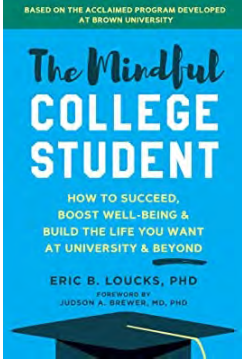


17. Mindfulness Books for Teens


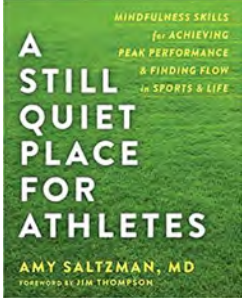
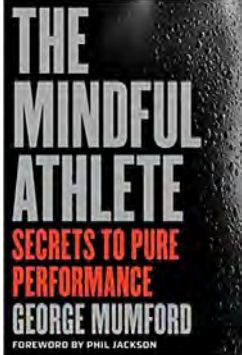
 <p><a href="#">The Mindful Teen: Powerful Skills To Help You Handle Stress One Moment At A Time by Dzung X Vo, MD, FAAP</a></p>	 <p><a href="#">The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress by Gina M. Biegel MA LMFT</a></p>	 <p><a href="#">Be Mindful &amp; Stress Less 50 ways to deal with your (crazy) Life by Gina Biegel</a></p>	 <p><a href="#">Take in the Good: Skills for Staying Positive and Living Your Best Life by Gina Biegel (Author), Breanna Chambers (Illustrator)</a></p>	 <p><a href="#">Brainstorm: The Power &amp; Purpose of the Teenage Brain by Daniel J. Siegel MD</a></p>
 <p><a href="#">Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, &amp; Difficult Emotions Using DBT by Sheri Van Dijk</a></p>	 <p><a href="#">Thundering Years: Rituals &amp; Sacred Wisdom for Teens by Julie Johnson</a></p>	 <p><a href="#">Trauma Treatment Toolbox for Teens: 144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth &amp; Healing by Kristina Hallett and Jill Donelan</a></p>	 <p><a href="#">The Teen Brain Book: Who &amp; What Are You? By Dale Carlson</a></p>	 <p><a href="#">The Self-Compassionate Teen: Mindfulness and Compassion Skills to Conquer Your Critical Inner Voice by Karen Bluth PhD (Author), Kristin Neff PhD (Foreword)</a></p>

 <p><b>mindfulness for teen anxiety</b> a workbook for overcoming anxiety at home, at school &amp; everywhere else</p> <ul style="list-style-type: none"> <li>* stop getting overwhelmed by social situations</li> <li>* stay calm in the face of panic</li> <li>* let go of your fears &amp; build a balanced life</li> </ul> <p>CHRISTOPHER WILLARD, PhD</p>	 <p><b>the mindfulness &amp; acceptance workbook for teen anxiety</b> activities to help you overcome fears &amp; worries using acceptance &amp; commitment therapy</p> <ul style="list-style-type: none"> <li>* cope with stress</li> <li>* deal with difficult thoughts &amp; emotions</li> <li>* build resilience</li> </ul> <p>SHERI L. TURRELL, PhD CHRISTOPHER MCCURRY, PhD MARY BELL, MSW, RSW LOUISE L. HAYES, PhD (Foreword)</p>	 <p><b>a still quiet place for teens</b> a mindfulness workbook to ease stress &amp; difficult emotions</p> <ul style="list-style-type: none"> <li>* find focus</li> <li>* face challenges</li> <li>* improve relationships</li> <li>* live a happier life</li> </ul> <p>AMY SALTZMAN, MD</p>	 <p><b>the self-compassion workbook for teens</b> mindfulness &amp; compassion skills to overcome self-criticism &amp; embrace who you are</p> <ul style="list-style-type: none"> <li>* deal with painful feelings</li> <li>* overcome insecurity</li> <li>* be kind to yourself</li> </ul> <p>KAREN BLUTH, PhD KRISTIN NEFF, PhD (Foreword)</p>	 <p><b>how to like yourself</b> a teen's guide to quieting your inner critic &amp; building lasting self-esteem</p> <p>CHERYL M. BRADSHAW, MA</p>
 <p><b>the mindful breathing workbook for teens</b> simple practices to help you manage stress &amp; feel better now</p> <ul style="list-style-type: none"> <li>* understand your emotions</li> <li>* shift out of bad moods quickly</li> <li>* find your calm</li> </ul> <p>MATTHEW D. DEWAR, EdD GINA M. BIEGEL, MA, LMFT</p>	 <p><b>Mindfulness WORKBOOK for TEENS</b> EXERCISES AND TOOLS TO HANDLE STRESS, FIND FOCUS, AND THRIVE</p> <p>Linette Bixby</p>	 <p><b>the mindful teen workbook</b> powerful skills to find calm, develop self-compassion &amp; build resilience</p> <ul style="list-style-type: none"> <li>* deal with stress</li> <li>* strengthen friendships</li> <li>* manage life's setbacks</li> </ul> <p>PATRICIA ROCKMAN, MD ALLISON MCCLAY, DCS M. LEE FREEDMAN, MD</p>		

18. Mindfulness For Young Adults

 <p><a href="#">The Mindful Twenty-Something: Life Skills to Handle Stress... and Everything Else by Holly B Rogers MD (Author)</a></p>	 <p><a href="#">Mindfulness for the Next Generation: Helping Emerging Adults Manage Stress and Lead Healthier Lives by Holly B. Rogers</a></p>	 <p><a href="#">The Mindful College Student: How to Succeed, Boost Well-Being, and Build the Life You Want at University and Beyond Kindle Edition by Eric B. Loucks (Author), Judson A. Brewer (Foreword)</a></p>		
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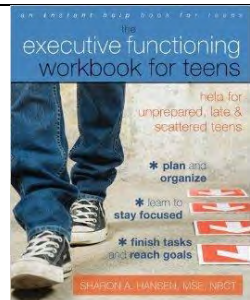
19. Mindfulness for Student Athletes

 <p><a href="#">Mindfulness for Student Athletes: A Workbook to Help Teens Reduce Stress and Enhance Performance by Gina</a></p>	 <p><a href="#">A Still Quiet Place for Athletes: Mindfulness Skills for Achieving Peak Performance and Finding Flow in Sports and Life by Amy Saltzman MD</a></p>	 <p><a href="https://amzn.to/3wBtwrRN">https://amzn.to/3wBtwrRN</a> by George Mumford</p>		
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M. Biegel MA LMFT & Todd H. Corbin CPC

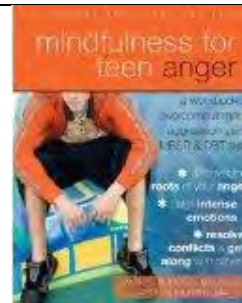
20. Workbooks for Teens - Guidance



[The Executive Functioning Workbook for Teens: Help for Unprepared, Late, & Scattered Teens by Sharon A. Hansen](#)



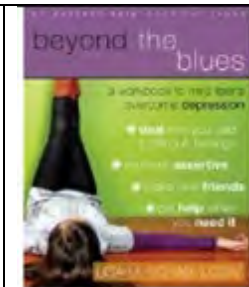
[The Anger Workbook for Teens: Activities to Help You Deal with Anger & Frustration \(Instant Help Solutions\) by Raychelle Cassada Lohmann](#)



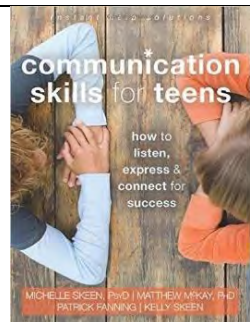
[Mindfulness for Teen Anger: A Workbook to Overcome Anger & Aggression Using MBSR & DBT Skills by Mark C. Purcell](#)



[The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety & Worry by Lisa M. Schab](#)



[Beyond the Blues: A Workbook to Help Teens Overcome Depression by Lisa M. Schab](#)



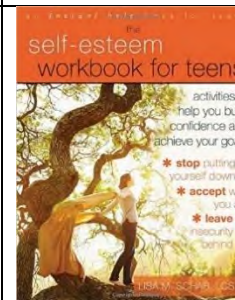
[Communication Skills for Teens: How to Listen, Express, & Connect for Success \(The Instant Help Solutions Series\) by Michelle Skeen PsyD, Matthew McKay PhD](#)



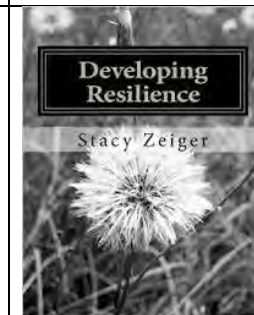
[The Social Success Workbook for Teens: Skill-building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder & Other Social-skill Problems by Barbara Cooper MPS & Nancy Widdows MS](#)



[The Shyness & Social Anxiety Workbook for Teens: CBT & ACT Skills to Help You Build Social Confidence by Jennifer Shannon](#)

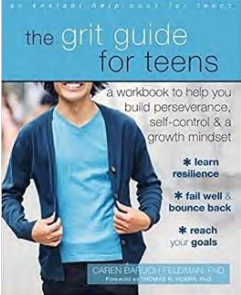

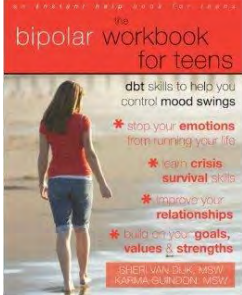
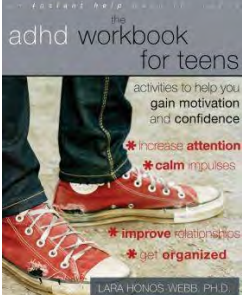

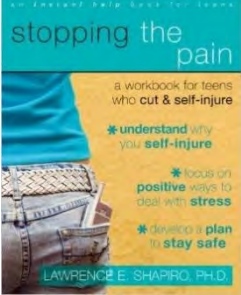
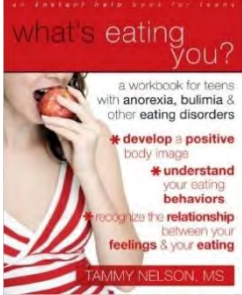

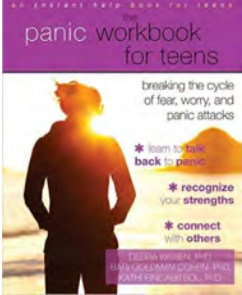
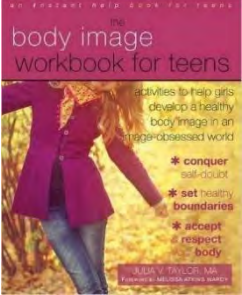



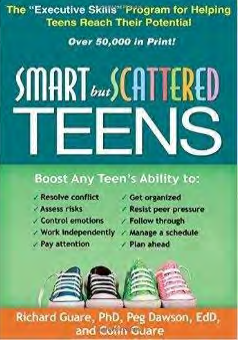
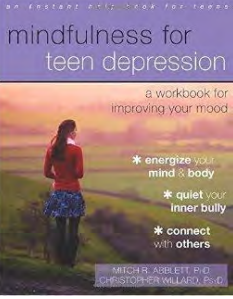
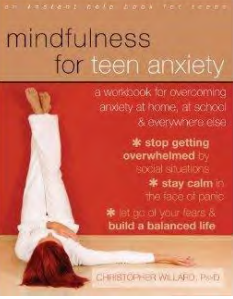



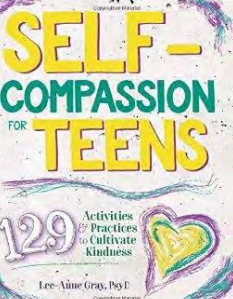
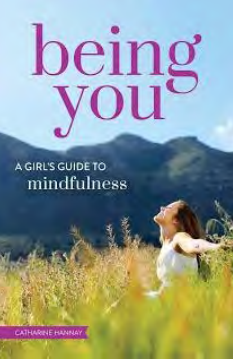
[The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence & Achieve Your Goals by Lisa M. Schab](#)



[Developing Resilience: A Workbook For Teens by Stacy Zeiger](#)



 <p><b>the grit guide for teens</b> a workbook to help you build perseverance, self-control &amp; a growth mindset</p> <ul style="list-style-type: none"> <li>* learn resilience</li> <li>* fall well &amp; bounce back</li> <li>* reach your goals</li> </ul> <p>CAREN BARUCH-FELDMAN, PH.D. FACULTY, NYU &amp; COACH, NYC</p>	 <p><b>the PTSD workbook for teens</b> simple, effective skills for healing trauma</p> <ul style="list-style-type: none"> <li>* learn coping skills</li> <li>* manage emotions</li> <li>* improve relationships</li> <li>* support yourself</li> </ul> <p>LIBBI PALMER, PH.D. CLINICAL PSYCHOLOGIST</p>	 <p><b>the bipolar workbook for teens</b> dbt skills to help you control mood swings</p> <ul style="list-style-type: none"> <li>* stop your emotions from running your life</li> <li>* learn crisis survival skills</li> <li>* improve your relationships</li> <li>* build on your goals, values &amp; strengths</li> </ul> <p>SHERI VAN DIJK, MSW KARMA GUINDON, MSW</p>	 <p><b>the ADHD workbook for teens</b> activities to help you gain motivation and confidence</p> <ul style="list-style-type: none"> <li>* increase attention</li> <li>* calm impulses</li> <li>* improve relationships</li> <li>* get organized</li> </ul> <p>LARA HONOS-WEBB, PH.D.</p>	 <p><b>free from ocd</b> a workbook for teens with obsessive-compulsive disorder</p> <ul style="list-style-type: none"> <li>* cope with obsessions, checking, counting, washing &amp; more</li> <li>* use your fears to get help when you need it</li> </ul> <p>TIMOTHY SISEMORE, PH.D.</p>
 <p><b>stopping the pain</b> a workbook for teens who cut &amp; self-injure</p> <ul style="list-style-type: none"> <li>* understand why you self-injure</li> <li>* focus on positive ways to deal with stress</li> <li>* develop a plan to stay safe</li> </ul> <p>LAWRENCE E. SHAPIRO, PH.D.</p>	 <p><b>what's eating you?</b> a workbook for teens with anorexia, bulimia &amp; other eating disorders</p> <ul style="list-style-type: none"> <li>* develop a positive body image</li> <li>* understand your eating behaviors</li> <li>* recognize the relationship between your feelings &amp; your eating</li> </ul> <p>TAMMY NELSON, MS</p>	 <p><b>coping with cliques</b> a workbook to help girls deal with gossip, put-downs, bullying &amp; other mean behavior</p> <ul style="list-style-type: none"> <li>* stick up for your rights</li> <li>* find supportive friends</li> <li>* deal with cyber-bullying</li> <li>* overcome social isolation</li> </ul> <p>SUSAN SPRAGUE</p>	 <p><b>the panic workbook for teens</b> breaking the cycle of fear, worry, and panic attacks</p> <ul style="list-style-type: none"> <li>* learn to take back to panic</li> <li>* recognize your strengths</li> <li>* connect with others</li> </ul> <p>DEBRA KISSEN, PH.D. BARI GOLDMAN, COHEN, PH.D. KATHI FINE ABITBOL, PH.D.</p>	 <p><b>the body image workbook for teens</b> activities to help girls develop a healthy body image in an image-obsessed world</p> <ul style="list-style-type: none"> <li>* conquer self-doubt</li> <li>* set healthy boundaries</li> <li>* accept &amp; respect your body</li> </ul> <p>JULIA V. TAYLOR, M.A. FACULTY, UNIVERSITY OF CALIFORNIA</p>

 <p>an essential help book for teens</p> <p>mindfulness for teens with adhd</p> <p>a skill-building workbook to help you focus &amp; succeed</p> <ul style="list-style-type: none"> <li>* complete tasks</li> <li>* manage stress</li> <li>* build healthy relationships</li> </ul> <p>DEBRA BURDICK, PhD LISA SCHROEDER, PhD, PhD</p>	 <p>The "Executive Skills" Program for Helping Teens Reach Their Potential</p> <p>Over 50,000 in Print!</p> <p>SMART but SCATTERED TEENS</p> <p>Boost Any Teen's Ability to:</p> <ul style="list-style-type: none"> <li>Resolve conflict</li> <li>Get organized</li> <li>Assess risks</li> <li>React to peer pressure</li> <li>Control emotions</li> <li>Follow through</li> <li>Work independently</li> <li>Manage a schedule</li> <li>Pay attention</li> <li>Plan ahead</li> </ul> <p>RICHARD GUARE, PhD, Peg Dawson, EdD, and CWHI Guare</p>	 <p>an essential help book for teens</p> <p>mindfulness for teen depression</p> <p>a workbook for improving your mood</p> <ul style="list-style-type: none"> <li>* energize your mind &amp; body</li> <li>* quiet your inner bully</li> <li>* connect with others</li> </ul> <p>MITCH R. ABLETT, PhD CHRISTOPHER WILLARD, PhD</p>	 <p>an essential help book for teens</p> <p>mindfulness for teen anxiety</p> <p>a workbook for overcoming anxiety at home, at school &amp; everywhere else</p> <ul style="list-style-type: none"> <li>* stop getting overwhelmed by social situations</li> <li>* stay calm in the face of panic</li> <li>* let go of your fears &amp; build a balanced life</li> </ul> <p>CHRISTOPHER WILLARD, PhD</p>	 <p>don't let your emotions run your life for teens</p> <p>dialectical behavior therapy skills for helping you manage your mood swings, control angry outbursts, &amp; get along with others</p> <p>SHERI VAN DIJK, PhD</p>
 <p>the mindfulness &amp; acceptance workbook for teen anxiety</p> <p>activities to help you overcome fears &amp; worries using acceptance &amp; commitment therapy</p> <ul style="list-style-type: none"> <li>* cope with stress</li> <li>* deal with difficult thoughts &amp; emotions</li> <li>* build resilience</li> </ul> <p>SHERI L. TURRELL, PhD CHRISTOPHER MCCURRY, PhD AMY SPAN, PhD</p>	 <p>the self-compassion workbook for teens</p> <p>mindfulness &amp; compassion skills to overcome self-criticism &amp; embrace who you are</p> <ul style="list-style-type: none"> <li>* deal with painful feelings</li> <li>* overcome insecurity</li> <li>* be kind to yourself</li> </ul> <p>KAREN BLUTH, PhD KRISTIN NEFF, PhD</p>	 <p>SELF-COMPASSION FOR TEENS</p> <p>129 Activities &amp; Practices to Cultivate Kindness</p> <p>Lee-Anne Gray, PsyD</p>	 <p>being you</p> <p>A GIRL'S GUIDE TO mindfulness</p> <p>CATHERINE HANNAY</p>	

[Mindfulness for Teens with ADHD: A Skill-Building Workbook to Help You Focus and Succeed by Debra Burdick](#)

[Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential by Richard Guare PhD](#)

[Mindfulness for Teen Depression: A Workbook for Improving Your Mood by Mitch R. Ablett PhD & Christopher Willard PsyD](#)

[Mindfulness for Teen Anxiety by Christopher Willard, PsyD](#)

[Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, & Get Along with Others by Sheri Van Dijk](#)

[The Mindfulness and Acceptance Workbook for Teen Anxiety: Activities to Help You Overcome Fears and Worries Using Acceptance and Commitment Therapy Workbook Edition by Sheri L. Turrell PhD Christopher McCurry](#)

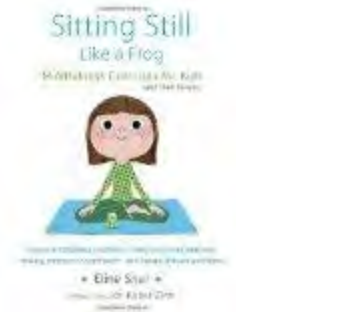
[The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are Workbook Edition by Karen Bluth PhD \(Author\), Kristin Neff PhD \(Foreword\)](#)

[Self-Compassion for Teens by Lee-Anne Gray, PsyD](#)

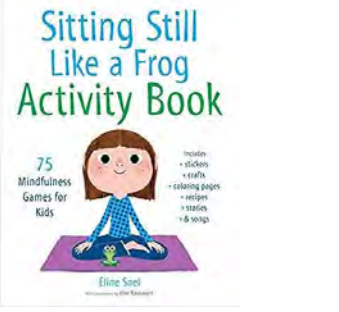
[Being You: A Girl's Guide to Mindfulness by Catherine Hannay](#)

PhD, Mary Bell MSW RSW,  
Louise L. Hayes PhD (Foreword)

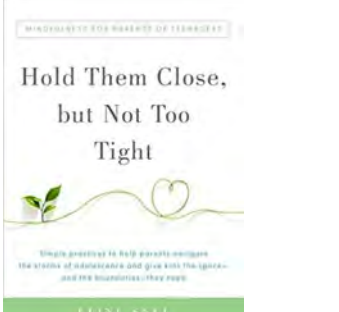
21. Mindfulness Books for Parents – Eline Snel



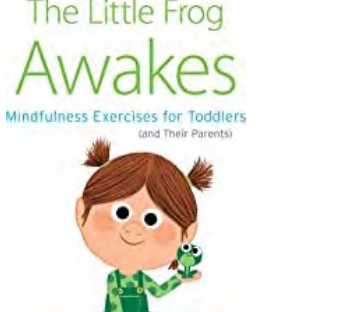
[Sitting Still Like a Frog by Eline Snel](#)



[Sitting Still Like a Frog Activity Book: 75 Mindfulness Games for Kids by Eline Snel and Marc Boutavant](#)

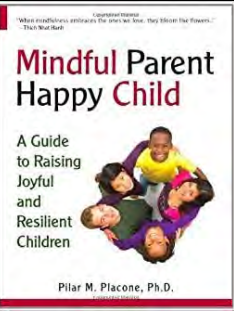
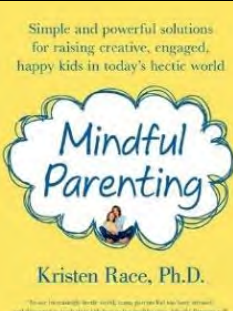


[Breathe Through This: Mindfulness for Parents of Teenagers by Eline Snel](#)



[The Little Frog Awakes: Mindfulness Exercises for Toddlers \(and Their Parents\) by Eline Snel \(Author\), Marc Boutavant \(Illustrator\)](#)

22. Mindfulness Books for Parents

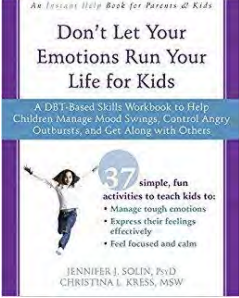
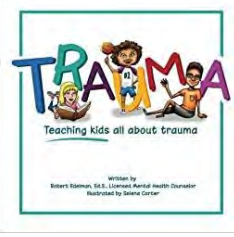
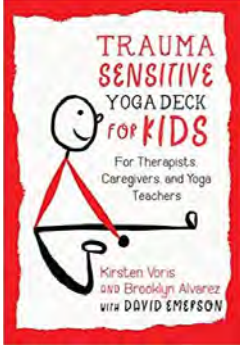
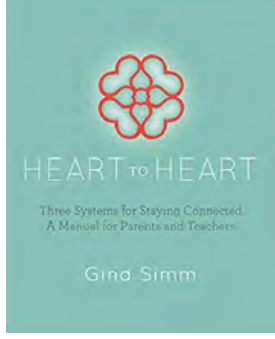

**Parenting Guides from Genral Mindful**

- [Positive Parenting 101](#)
- [Parenting Sensitive, Anxious, or Reactive Kiddos](#)
- [Transform Your Parenting Triggers Using Time-Ins & Calming Corners](#)
- [Reducing Meltdowns](#)

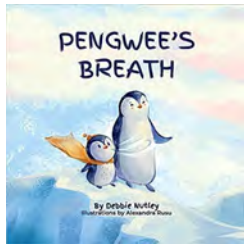
Learn to parent a sensitive, anxious, or reactive child (and still feel good at the end of the day!) in this FREE 25-minute parent training. <https://genmindful.com/>



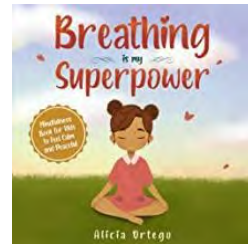
<p><a href="#">Mindful Parent Happy Child: A Guide to Raising Joyful &amp; Resilient Children by Pilar M. Placone, PhD</a></p>	<p><a href="#">Mindful Parenting: Simple &amp; Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World by Kristen Race</a></p>			
 <p><a href="#">Everyday Blessings: The Inner Work of Mindful Parenting by Jon Kabat-Zinn &amp; Myla Kabat-Zinn</a></p>	 <p><a href="#">10 Mindful Minutes: Giving Our Children—and Ourselves—the Social &amp; Emotional Skills to Reduce Stress &amp; Anxiety for Healthier, Happy Lives by Goldie Hawn</a></p>	 <p><a href="#">Mindful Games: Sharing Mindfulness &amp; Meditation with Children, Teens, &amp; Families by Susan Kaiser Greenland</a></p>	 <p><a href="#">Ultimate Mindfulness Activity Book: 150 Playful Mindfulness Activities for Kids and Teens (and Grown-Ups too!) by Christian Bergstrom</a></p>	 <p><a href="#">Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children by Linda Lantieri &amp; Daniel Goleman</a></p>
 <p><a href="#">Child's Mind: Mindfulness Practices To Help Our Children</a></p>	 <p><a href="#">The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, and More</a></p>	 <p><a href="#">Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh</a></p>	 <p><a href="#">Mindful Parenting for ADHD: A Guide to Cultivating Calm,</a></p>	 <p><a href="#">ADHD Non-Medication Treatments &amp; Skills for Children &amp; Teens: A Workbook for</a></p>

<p><a href="#">Be More Focused, Calm, &amp; Relaxed by Christopher Willard</a></p>	<p><a href="#">Compassionate by Susan Kaiser Greenland</a></p>	<p><a href="#">(Author), Wietske Vriezen (Illustrator)</a></p>	<p><a href="#">Reducing Stress, &amp; Helping Children Thrive by Mark Berlin</a></p>	<p><a href="#">Clinicians &amp; Parents with 162 Tools, Techniques, Activities &amp; Handouts by Debra Burdick</a></p>
 <p><a href="#">Don't Let Your Emotions Run Your Life for Kids: A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, &amp; Get Along with Others by Jennifer J. Solin &amp; Christina L. Kress</a></p>	 <p><a href="#">Teaching Kids All About Trauma by Robert Edelman, Selena Carter (Illustrator)</a></p> <p>How trauma affects our thoughts, feelings and behavior are discussed to help children recognize and express how they might have, or might be, affected by stressful events in their lives</p>	 <p><a href="#">Trauma Sensitive Yoga Deck for Kids: For Therapists, Caregivers and Yoga Teachers KIRSTEN VORIS, Brooklyn Alvarez, David Emerson</a></p> <p>This deck of 50 yoga shapes was created for trauma-sensitive yoga facilitators and other counselors, social workers, and caregivers who work with children. Unlike a traditional yoga deck, this one is trauma informed, somatic focused, and ideal for use in a variety of settings including small groups, classrooms, and one-on-one.</p>	 <p><a href="#">Heart to Heart: Three Systems for Staying Connected: A Manual for Parents and Teachers by Gina Simm</a></p>	 <p><a href="#">The Mindful Family Guidebook: Reconnect with Spirit, Nature, and the People You Love by Renda Dionne Madrigal</a></p>

## 23. Breathing Books for Kids



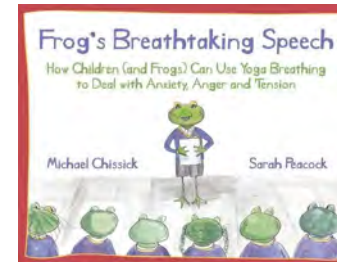
[Penguin's Breath by PDeborah Nutley](#)



[Breathing is My Superpower: Mindfulness Book for Kids to Feel Calm and Peaceful by Alicia Ortego](#)



[Breathe and Be: A Book of Mindfulness Poems by Kate Coombs and Anna Laitinen](#)



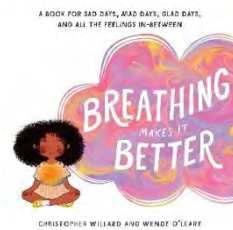
[Frog's Breathtaking Speech: How children \(& frogs\) can use yoga breathing to deal with anxiety, anger & tension by Michael Chissick](#)



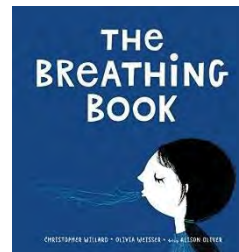
[Mindfulness Moments for Kids: Breathe Like a Bear Board book by Kira Willey \(Author\), Anni Betts \(Illustrator\)](#)



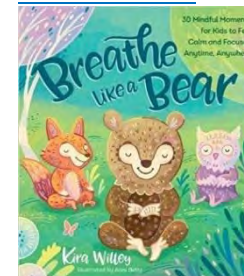
[Alphabreaths: The ABCs of Mindful Breathing by Willard PsyD, Christopher, Rechtschaffen MA, Daniel, et al.](#)



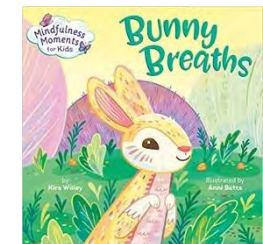
[Breathing Makes It Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between by Christopher Willard & Wendy O'Leary](#)



[The Breathing Book by Christopher Willard \(Author\), Olivia Weisser \(Author\), Alison Oliver \(Illustrator\)](#)



[Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere by Kira Willey and Anni Betts](#)

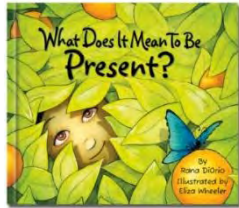


[Mindfulness Moments for Kids: Bunny Breaths Board book by Kira Willey \(Author\), Anni Betts \(Illustrator\)](#)

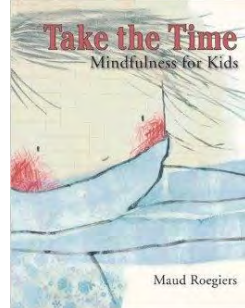




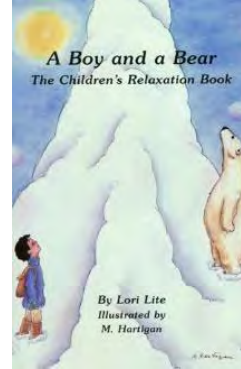
## 24. Mindfulness Books for Children – Being Present



[What Does It Mean To Be Present by Rana Diorio](#)



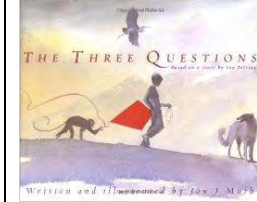
[Take the Time: Mindfulness for Kids by Maud Rogers](#)



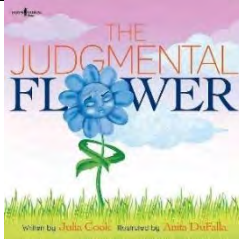
[A Boy & a Bear by Lori Lite](#)



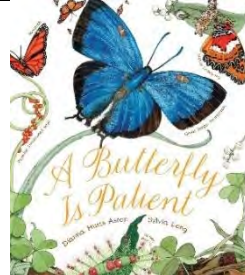
[Finding Felicia by Laurie Bloomfield](#)



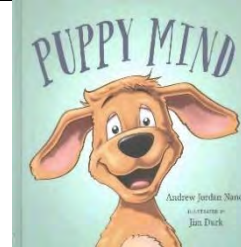
[The Three Questions by Jon J Muth](#)



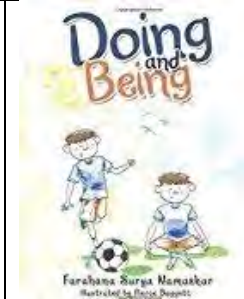
[The Judgmental Flower by Julia Cook](#)



[A Butterfly Is Patient by Dianna Aston](#)



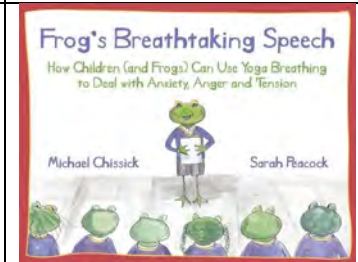
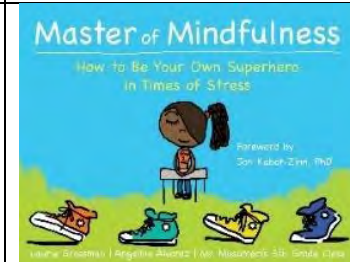
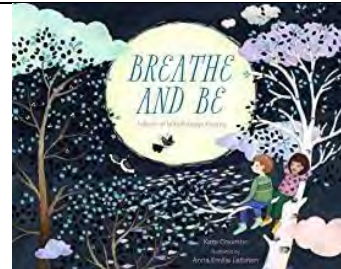
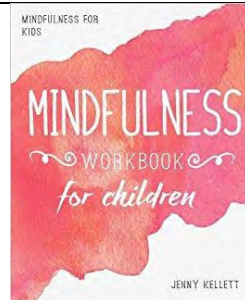
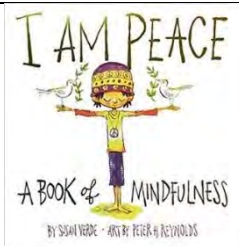
[Puppy Mind by Jordan Nance](#)



[Doing and Being by Namaskar, Farahana Surya](#)



[Happy: A Beginner's Book of Mindfulness by Nicola Edwards](#)





# Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

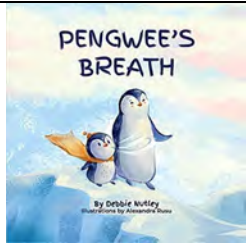
[I Am Peace: A Book of Mindfulness by Susan Verde \(Author\), Peter H. Reynolds \(Illustrator\)](#)

[Mindfulness for Kids: Mindfulness Workbook for Children \(Volume 1\) by Jenny Kellett \(Author\)](#)

[Breathe and Be: A Book of Mindfulness Poems by Kate Coombs and Anna Laitinen](#)

[Master of Mindfulness: How to Be Your Own Superhero in Times of Stress by Laurie Grossman & Mr. Musumeci's 5th Grade Class](#)

[Frog's Breathtaking Speech: How children \(& frogs\) can use yoga breathing to deal with anxiety, anger & tension by Michael Chissick](#)

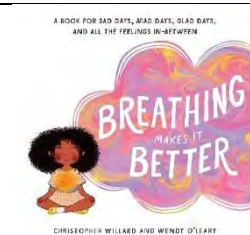


[Pengwee's Breath by PDeborah Nutley](#)

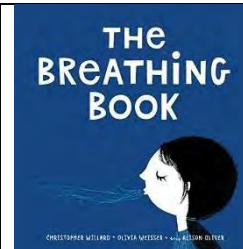
## 25. Chris Willard



[Alphabreaths: The ABCs of Mindful Breathing by Willard PsyD, Christopher, Rechtschaffen MA, Daniel, et al.](#)



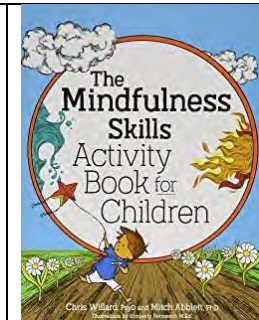
[Breathing Makes It Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between by Christopher Willard & Wendy O'Leary](#)



[The Breathing Book by Christopher Willard \(Author\), Olivia Weisser \(Author\), Alison Oliver \(Illustrator\)](#)



[The In-Between Book by Christopher Willard PsyD \(Author\), Olivia Weisser \(Author\), Alison Oliver \(Illustrator\)](#)

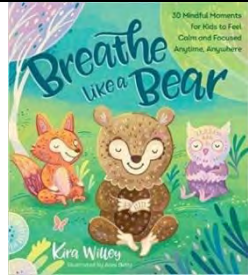


[The Mindfulness Skills Activity Book for Children by Mitch Abblett and Christopher Willard <https://amzn.to/3wpMOsb>](#)





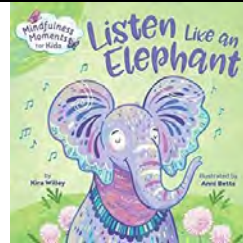
26. Kira Willey



[Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere by Kira Willey and Anni Betts](#)



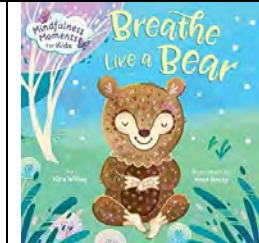
[Peaceful Like a Panda: 30 Mindful Moments for Playtime, Mealttime, Bedtime- or Anytime! By Kira Willey \(Author\), Anni Betts \(Illustrator\)](#)



[Mindfulness Moments for Kids: Listen Like an Elephant Board book by Kira Willey \(Author\), Anni Betts \(Illustrator\)](#)

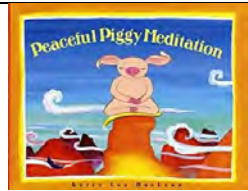


[Mindfulness Moments for Kids: Bunny Breaths Board book by Kira Willey \(Author\), Anni Betts \(Illustrator\)](#)

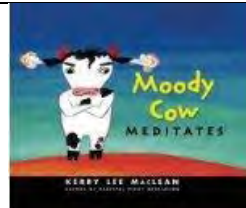


[Mindfulness Moments for Kids: Breathe Like a Bear Board book by Kira Willey \(Author\), Anni Betts \(Illustrator\)](#)

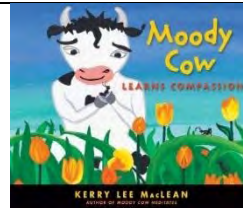
27. Kerry Lee MacLean



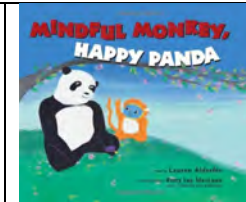
[Peaceful Piggy Meditation by Kerry Lee MacLean](#)



[Moody Cow Meditates by Kerry Lee MacLean](#)

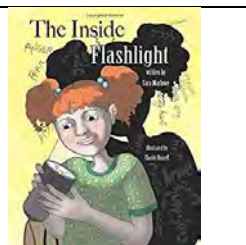
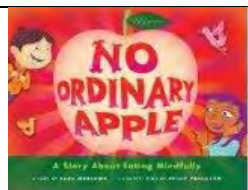


[Moody Cow Learns Compassion by Kerry Lee MacLean](#)



[Mindful Monkey, Happy Panda By Kerry Lee MacLean](#)

28. Sara Marlow



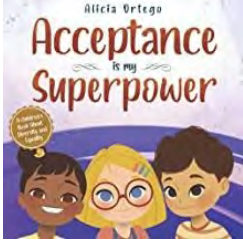

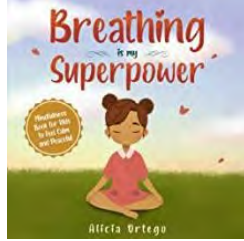

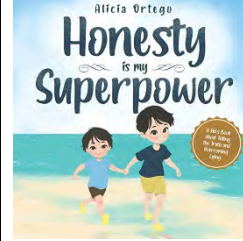
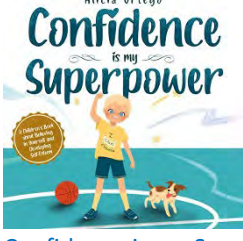
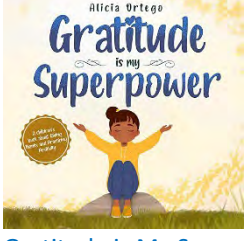


[No Ordinary Apple by Sara Marlowe](#)

[The Inside Flashlight by Sara Marlowe](#)

[My New Best Friend by Sara Marlowe and Ivette Salom](#)

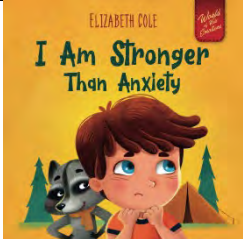



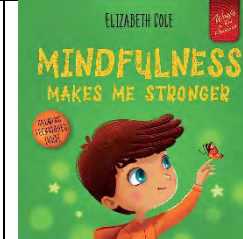
### 29. Alica Ortega

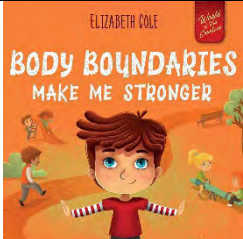
 <p><a href="#">Acceptance is my Superpower: A children's Book about Diversity and Equality by Alicia Ortega</a></p>	 <p><a href="#">Kindness is my Superpower: A children's Book About Empathy, Kindness and Compassion by Alicia Ortega</a></p>	 <p><a href="#">Breathing is My Superpower: Mindfulness Book for Kids to Feel Calm and Peaceful by Alicia Ortega</a></p>	 <p><a href="#">Patience is my Superpower: A Kid's Book about Learning How to Wait by Alicia Ortega</a></p>	 <p><a href="#">Honesty is my Superpower: A Kid's Book about Telling the Truth and Overcoming Lying by Alicia Ortega</a></p>
 <p><a href="#">Confidence is my Superpower: A Kid's Book about Believing in Yourself and Developing Self-Esteem by Alicia Ortega</a></p>	 <p><a href="#">Gratitude is My Superpower: A children's book about Giving Thanks and Practicing by Alicia Ortega</a></p>			

30. A Kid's Book About.... <https://akidsbookabout.com/>

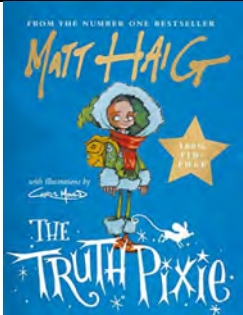

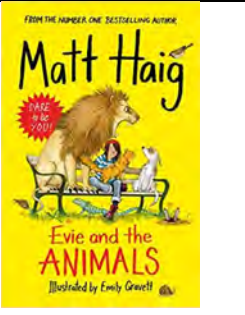
									
<p><a href="#">A Kids Book About Belonging by Kevin Carrol</a></p>		<p><a href="#">A Kids Book About Depression by Kileah McIlvain</a></p>		<p><a href="#">A Kids Book About Racism by Jelani Memory</a></p>		<p><a href="#">A Kids Book About Empathy by Daron K. Roberts</a></p>		<p><a href="#">A Kids Book About Gratitude by Ben Kenyon</a></p>	

31. "World of Kids' Emotions" Series by Elizabeth Cole

					
<p><a href="#">I Am Stronger Than Anxiety: Children's Book about Overcoming Worries, Stress and Fear (World of Kids Emotions) by Elizabeth Cole</a></p>	<p><a href="#">Kindness Makes Me Stronger: Children's Book about Magic of Kindness, Empathy and Respect (World of Kids Emotions) by Elizabeth Cole</a></p>	<p><a href="#">Stronger: Social Emotional Book for Kids about Diversity and Kindness (Children's Book for Boys and Girls) by Elizabeth Cole (Author), Julia Kamenshikova (Illustrator)</a></p>	<p><a href="#">I Am Stronger Than Anger: Picture Book About Anger Management And Dealing With Kids Emotions And Feelings (Preschool Feelings Book, Self-Regulation Skills) by Elizabeth Colej</a></p>	<p><a href="#">Mindfulness Makes Me Stronger: Kid's Book to Find Calm, Keep Focus and Overcome Anxiety (Children's Book for Boys and Girls) by Elizabeth Cole (Author), Julia Kamenshikova (Illustrator)</a></p>	

				
<p><a href="#">Body Boundaries Make Me Stronger: Personal Safety Book for Kids about Body Safety, Personal Space, Private Parts and Consent that Teaches Social Skills and Body Awareness by Elizabeth Cole (Author), Julia Kamenshikova (Illustrator)</a></p>				

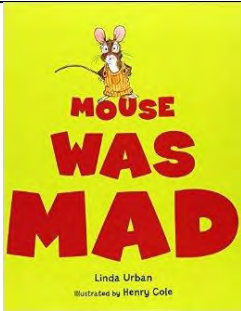
32. Matt Haig For Kids

				
<p><a href="#">The Truth Pixie by Matt Haig</a></p>	<p><a href="#">The Truth Pixie Goes to School by Matt Haig</a></p>	<p><a href="#">Evie and the Animals Hardcover by Matt Haig</a></p>		

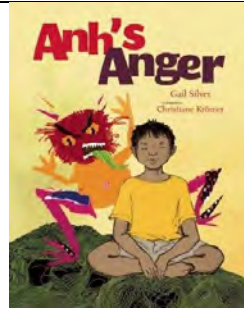




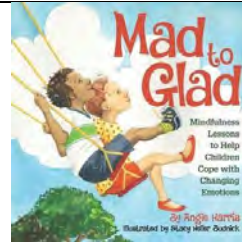
33. Feelings / Anger for Kids



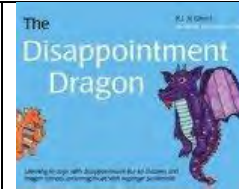
[Mouse Was Mad by Linda Urban](#)



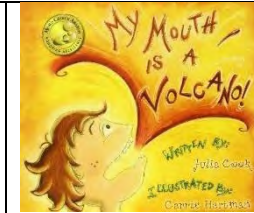
[Anh's Anger by Gail Silver](#)



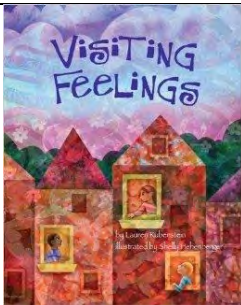
[Mad to Glad: Mindfulness Lessons to Help Children Cope with Changing Emotions by Angie Harris, Stacy Heller Budnick \(Illustrations\)](#)



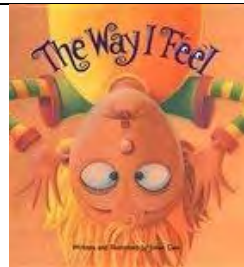
[The Disappointment Dragon by K.I. Al-Ghani](#)



[My Mouth Is a Volcano! by Julia Cook \(Author\), Carrie Hartman \(Illustrator\)](#)



[Visiting Feelings by Laura Rubenstein, illustrated by Shelly Hehenberger](#)



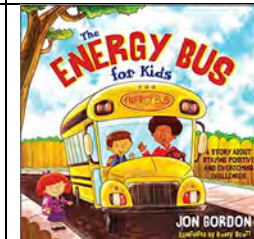
[The Way I Feel by Janan Cain](#)




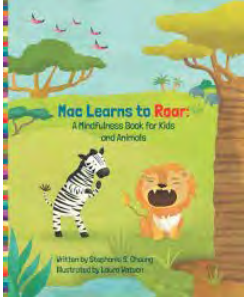
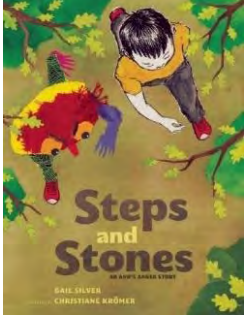
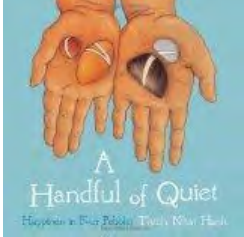
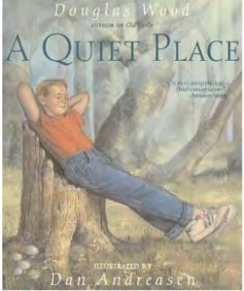

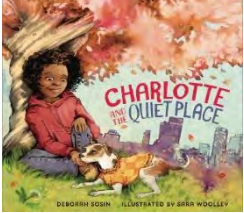
[There's No Such Thing As A Dragon by Jack Kent](#)


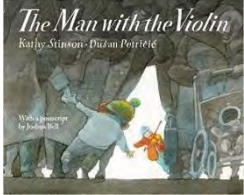
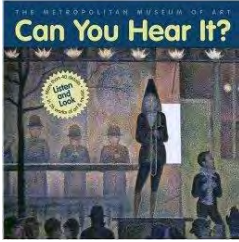
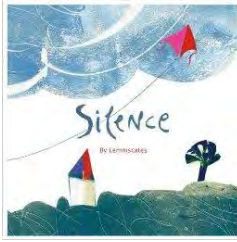
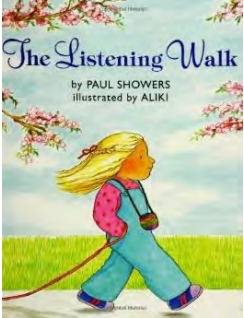
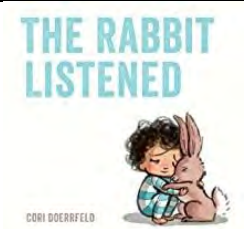
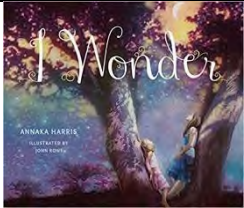
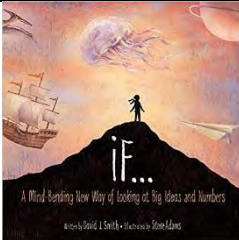

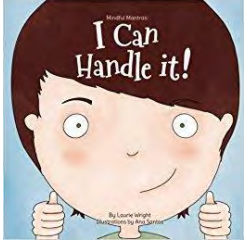
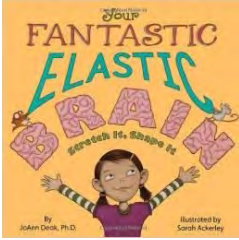
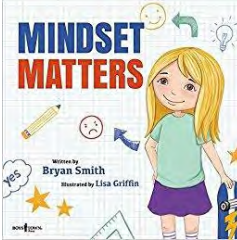



[Even Superheroes Have Bad Days by Shelly Becker \(Author\), Eda Kaban \(Illustrator\)](#)

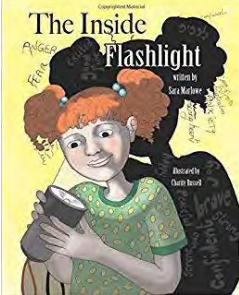


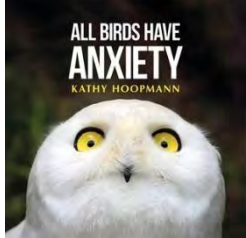








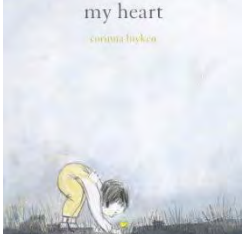



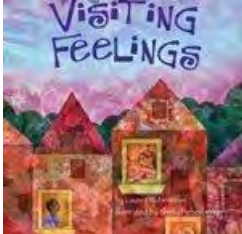
[The Energy Bus for Kids: A Story about Staying Positive and Overcoming Challenges by Jon Gordon \(Author\), Corey Scott \(Illustrator\)](#)

 <p><u><a href="https://www.amazon.com/dp/B000000000">I Am Stronger Than Anger: Picture Book About Anger Management And Dealing With Kids Emotions And Feelings (Preschool Feelings Book, Self-Regulation Skills) by Elizabeth Cole</a></u> <a href="https://amzn.to/2Twm4rj">https://amzn.to/2Twm4rj</a></p>	 <p><u><a href="https://www.amazon.com/dp/B000000000">Mac Learns to Roar: A Mindfulness Book for Kids and Animals by Stephanie S. Cheung</a></u></p>			
<p><b>34. Silence / Listening for Kids</b></p>				
 <p><u><a href="https://www.amazon.com/dp/B000000000">Steps &amp; Stones by Gail Silver</a></u></p>	 <p><u><a href="https://www.amazon.com/dp/B000000000">A HANDFUL OF QUIET: Happiness in Four Pebbles by Thich Nhat Hanh</a></u></p>	 <p><u><a href="https://www.amazon.com/dp/B000000000">A Quiet Place by Douglas Wood</a></u></p>	 <p><u><a href="https://www.amazon.com/dp/B000000000">Howard B. Wigglebottom Learns to Listen</a></u></p>	 <p><u><a href="https://www.amazon.com/dp/B000000000">Charlotte &amp; the Quiet Place by Deborah Sosin</a></u></p>

 <p><a href="#">The Sound of Silence by Katrina Goldsaito</a></p>	 <p><a href="#">The Man with the Violin by Kathy Stinson (Author), Dusan Petricic (Illustrator)</a></p>	 <p><a href="#">Can You Hear It? by William Lach</a></p>	 <p><a href="#">Silence by Lemniscates</a></p>	 <p><a href="#">The Listening Walk by Paul Showers</a></p>
 <p><a href="#">The Rabbit Listened by Cori Doerrfeld</a></p>	 <p><a href="#">I wonder By Annaka Harris John Rowe (Illustrator)</a></p>	 <p><a href="#">if... by David J. Smith (Author), Steve Adams (Illustrator)</a></p>		
<p><b>35. Self-Regulation for Kids</b></p>				
				

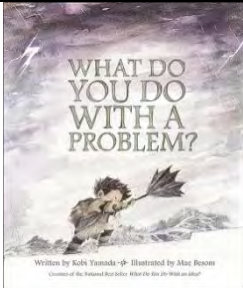


<p><a href="#">I Can Do That: A Book on Self-Regulation by Marnach, Kayla J. W.</a></p>	<p><a href="#">I Can Handle It (Mindful Mantras) (Volume 1) by Ms Laurie Wright</a></p>	<p><a href="#">Your Fantastic Elastic Brain by JoAnn Deak, Ph. D.</a></p>	<p><a href="#">Mindset Matters by Bryan Smith (Author), Lisa Griffin (Illustrator)</a></p>	<p><a href="#">Listening to My Body: A guide to helping kids understand the connection between their sensations and feelings so that they can get better at figuring out what they need by Garcia, Gabi</a></p>
 <p><a href="#">The Inside Flashlight by Sara Marlowe</a></p>	 <p><a href="#">My New Best Friend by Sara Marlowe</a></p>			
<p><b>36. Anxiety and Worry for Kids</b></p>				
 <p><a href="#">Please Explain Anxiety To Me! Simple Biology And Solutions For Children and Parents by Laurie E. Zelinger, Jordan Zelinger; Elisa Sabella (Illustrator)</a></p>	 <p><a href="#">All Birds Have Anxiety by Kathy Hoopmann</a></p>	 <p><a href="#">Listening with My Heart: A story of kindness and self-compassion by Gabi Garcia (Author), Ying Hui Tan (Illustrator)</a></p>	 <p><a href="#">What to Do When You Worry Too Much : A Kid's Guide to Overcoming Anxiety By (author) Dawn Huebner Illustrated by Bonnie Matthews</a></p>	 <p><a href="#">Wilma Jean the Worry Machine by Julia Cook (Author), Anita DuFalla (Illustrator)</a></p>

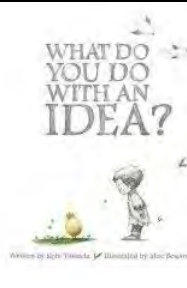
 <p><a href="#">Ruby Finds a Worry by Bloomsbury Children's Book</a></p>				
<b>37. Student Mental Health Ontario Read Aloud</b>				
 <p><a href="#">What's My Superpower? by Aviaq Johnston</a></p>	 <p><a href="#">Sweetest Kulu by Celina Kallu</a></p>	 <p><a href="#">My Heart by Corinna Luyken</a></p>	 <p><a href="#">We're All Wonders by R.J. Palacio</a></p>	 <p><a href="#">Teacup by Rebecca Young</a></p>
 <p><a href="#">Whimsy's Heavy Things by Julie Kraulis</a></p>	 <p><a href="#">Visiting Feelings by Lauren Rubenstein</a></p>			



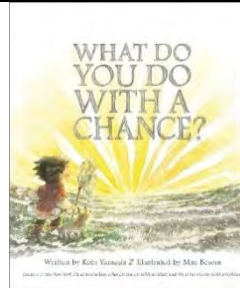
38. Creativity



[What Do You Do With A Problem by Kobi Yamada](#)



[What Do You Do With An Idea by Kobi Yamada](#)

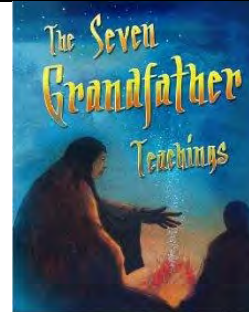


[What Do You Do With A Chance by Kobi Yamada](#)

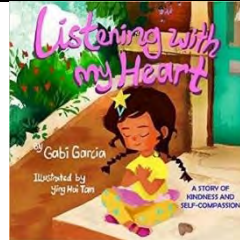
39. Compassion, Kindness & Gratitude for Kids



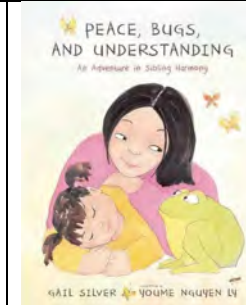
[Have you Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud](#)



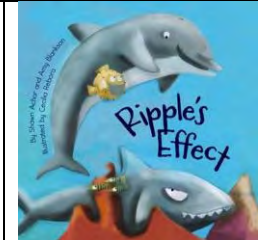
[The Seven Grandfather Teachings by Native Reflections](#)



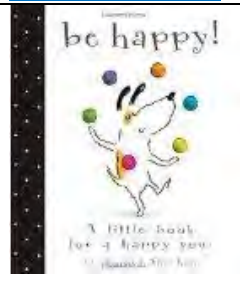
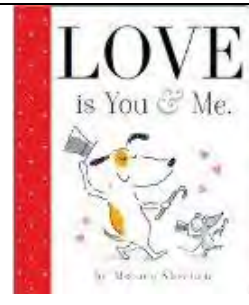
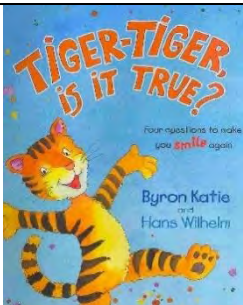
[Listening with My Heart: A story of kindness and self-compassion by Gabi Garcia \(Author\), Ying Hui Tan \(Illustrator\)](#)






[Peace, Love, & Understanding: An Adventure in Sibling Harmony by Gail Silver](#)



[Ripple's Effect by Shawn Achor](#)

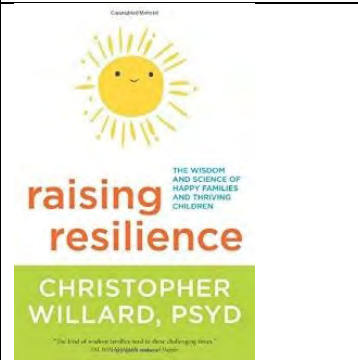




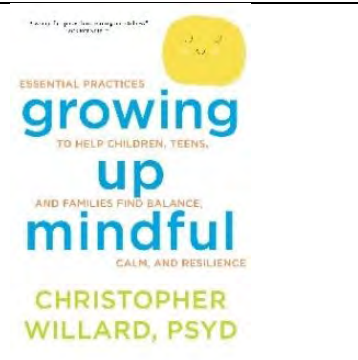
<p><a href="#">Tiger-Tiger, Is It True? by Byron Katie</a></p>	<p><a href="#">Love is You &amp; Me by Monica Sheehan</a></p>	<p><a href="#">Be Happy: a little book for a happy you by Monica Sheehan</a></p>	<p><a href="#">Will You Fill My Bucket?: Daily Acts of Love Around the World by Carol McCloud</a></p>	<p><a href="#">Awesome Is Everywhere by Neil Pasricha</a></p>
 <p><a href="#">I Am Human: A Book of Empathy by Susan Verde (Author), Peter H. Reynolds (Illustrator)</a></p>	 <p><a href="#">How to Tame the Tumbles: The Mindful Self-Compassionate Way by Eileen Beltzner</a></p>	 <p><a href="#">My Gratitude Jar by Kristin Wiens</a></p>	 <p><a href="#">The 3 Minute Gratitude Journal for Kids: A Journal to Teach Children to Practice Gratitude and Mindfulness by by Modern Kid Press</a></p>	
<p><b>40. Books for Kids About the Environment</b></p>				
 <p><a href="#">Just a Dream by Chris Van Allsburg</a></p> <p>In this picture book classic, travel with young Walter on a fantastical adventure as he</p>				
<p><a href="#">Just a Dream by Chris Van Allsburg</a></p> <p>In this picture book classic, travel with young Walter on a fantastical adventure as he</p>				

journeys—by way of his bed—into a polluted dreamscape world that wakes him up to our collective and individual environmental responsibility.

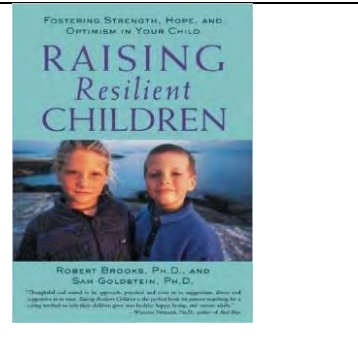
41. Books on Resiliency



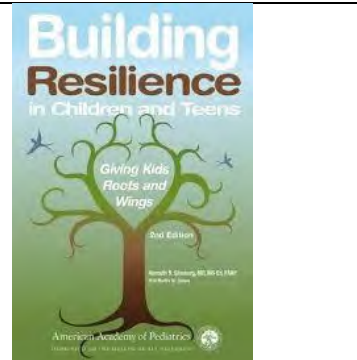
[Raising Resilience: The Wisdom and Science of Happy Families and Thriving Children by Christopher Willard](#)



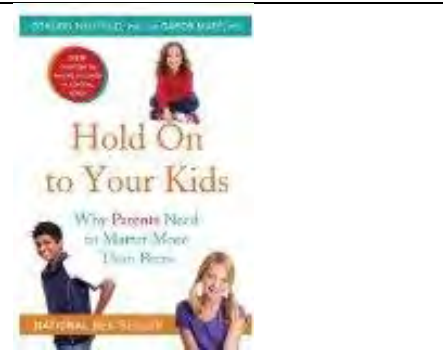
[Growing Up Mindful: Essential Practices to Help Children, Teens, & Families Find Balance, Calm, & Resilience by Christopher Willard Psyd](#)



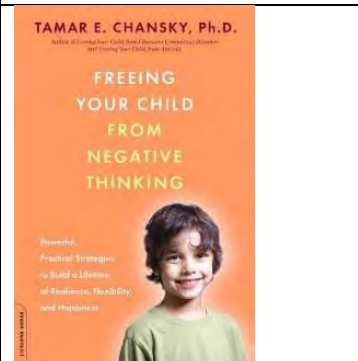
[Raising Resilient Children: Fostering Strength, Hope & Optimism in Your Child by R. Brooks & S. Goldstein](#)



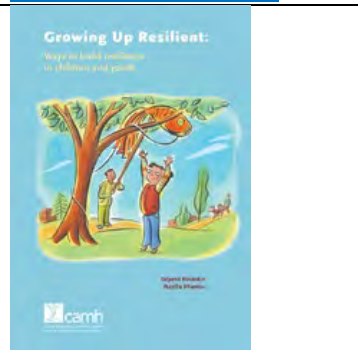
[Building Resilience in Children & Teens by Kenneth R. Ginsburg](#)



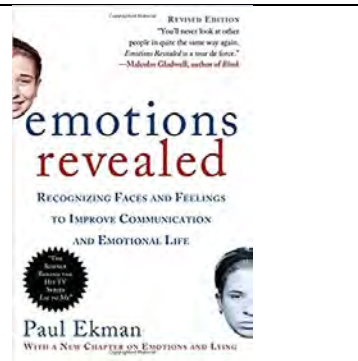
[Hold On to Your Kids: Why Parents Need to Matter More Than Peers by Gordon Neufeld & Gabor Mate M. D.](#)



[Freeing Your Child from Negative Thinking by Tamar Chansky](#)



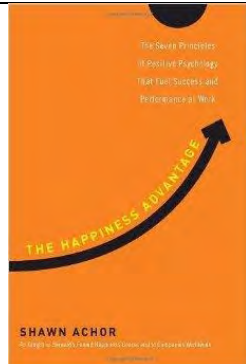
[Growing Up Resilient – CAMH.ca](#)



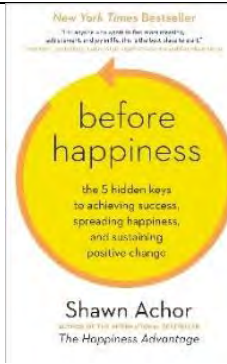
[Emotions Revealed: Recognizing Faces and Feelings](#)

[to Improve Communication by Paul Ekman](#)

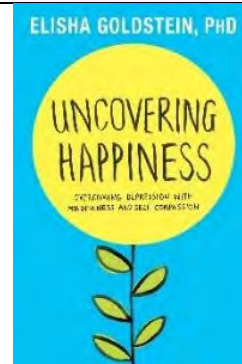
42. Positive Psychology - Happiness



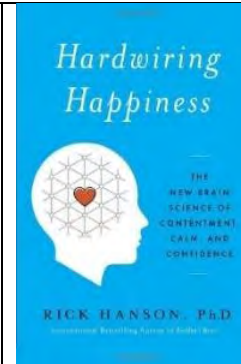
[The Happiness Advantage: The Seven Principles of Positive Psychology that Fuel Success & Performance at Work by Shawn Achor](#)



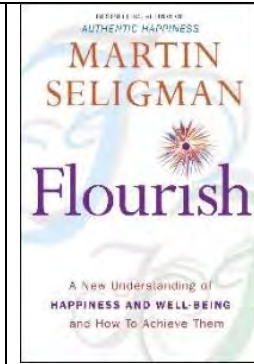
[Before Happiness: The Five Hidden Keys to Achieving Success, Spreading Happiness, & Sustaining Happiness, & Sustaining Positive Change by Shawn Achor](#)



[Uncovering Happiness: Overcoming Depression with Mindfulness & Self-Compassion by Elisha Goldstein, PhD](#)



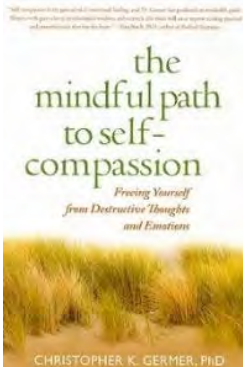
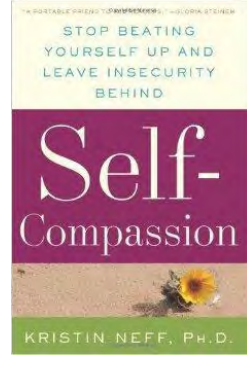
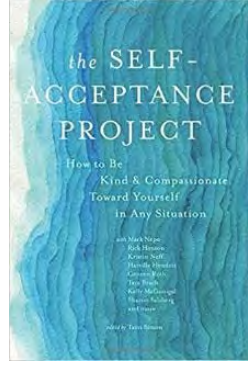
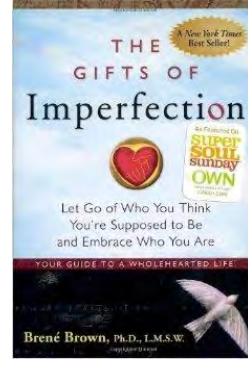
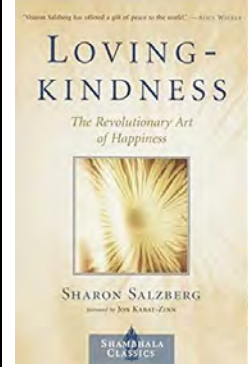


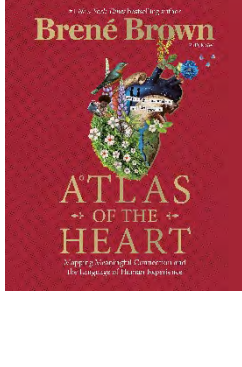
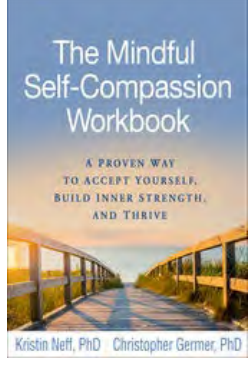
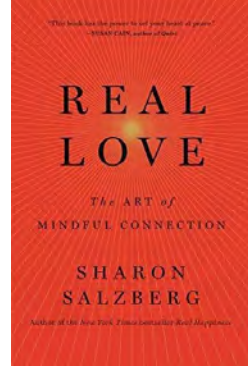
[Hardwiring Happiness: The New Brain Science of Contentment, Calm, & Confidence by Rick Hanson, PhD](#)



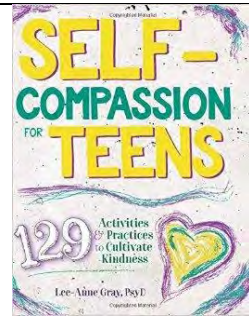
[Flourish: A Visionary New Understanding of Happiness & Well-being by Martin E. P. Seligman](#)



43. Mindful Self-Compassion – Acceptance

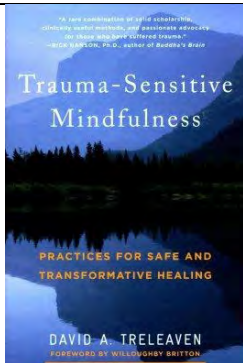
				
<p><a href="#">The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts &amp; Emotions by Christopher K. Germer PhD</a></p>	<p><a href="#">Stop Beating Yourself Up &amp; Leave Insecurity Behind by Kristin Neff</a></p>	<p><a href="#">The Self-Acceptance Project: How to Be Kind and Compassionate Toward Yourself in Any Situation by Tami Simon (Editor)</a></p>	<p><a href="#">The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be &amp; Embrace Who You Are by Brené Brown</a></p>	<p><a href="#">Lovingkindness: The Revolutionary Art of Happiness by Sharon Salzberg</a></p>
				
<p><a href="#">The Mindfulness and Acceptance Workbook for Teen Anxiety: Activities to Help You Overcome Fears and Worries Using Acceptance and Commitment Therapy Workbook Edition by Sheri L.</a></p>	<p><a href="#">The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are Workbook Edition by Karen Bluth PhD (Author), Kristin Neff PhD (Foreword)</a></p>	<p><a href="#">Atlas of the Heart Mapping Meaningful Connection and the Language of Human Experience by Brené Brown</a></p>	<p><a href="#">The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristin Neff, PhD, Christopher Germer, PhD</a></p>	<p><a href="#">Real Love: The Art Of Mindful Connection by Sharon Salzberg</a></p>

[Turrell PhD Christopher McCurry](#)  
[PhD, Mary Bell MSW RSW,](#)  
[Louise L. Hayes PhD \(Foreword\)](#)

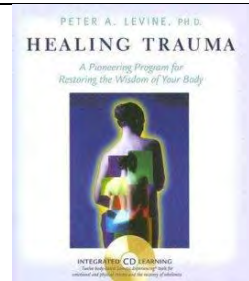


[Self-Compassion for Teens by Lee-Anne Gray, PsyD](#)

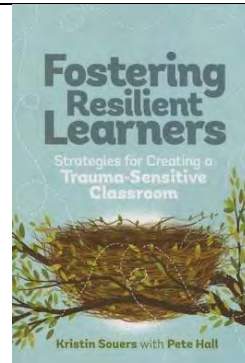
**44. Trauma Sensitive Mindfulness**



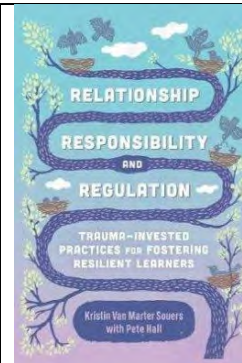
[Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing by David A. Treleaven](#)



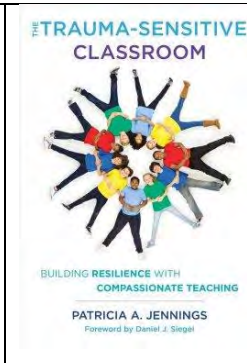
[Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body Mixed media product by Peter A. Levine](#)



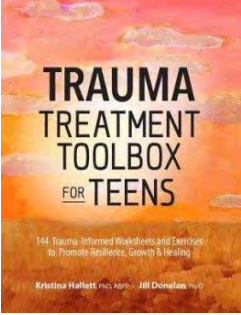
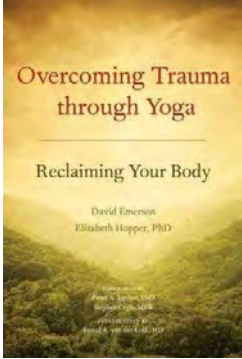
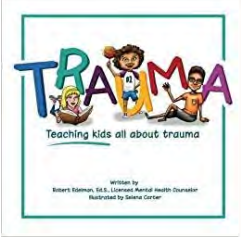
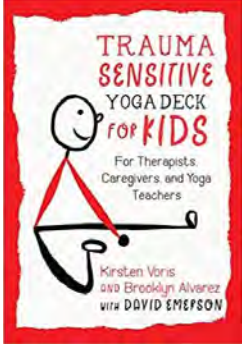
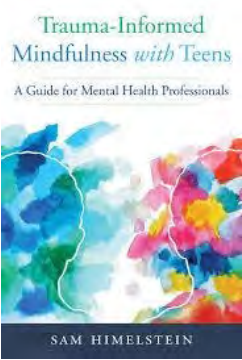
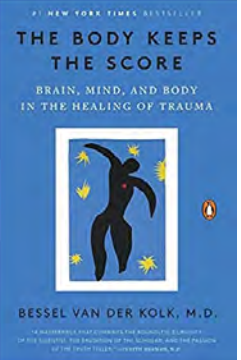
[Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom by Kristin Souers and Pete Hall](#)



[Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners by Kristin Van Marter Souers and Pete Hall](#)



[The Trauma-Sensitive Classroom: Building Resilience with Compassionate Teaching by Patricia A. Jennings](#)

 <p><b>TRAUMA TREATMENT TOOLBOX FOR TEENS</b> 144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth &amp; Healing Kristina Hallett, PhD, MEd, Jill Donelan, PhD</p> <p><a href="#">Trauma Treatment Toolbox for Teens: 144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth &amp; Healing by Kristina Hallett and Jill Donelan</a></p>	 <p><b>Overcoming Trauma through Yoga</b> Reclaiming Your Body David Emerson Elizabeth Hopper, PhD</p> <p><a href="#">Overcoming Trauma Through Yoga: Reclaiming Your Body By David Emerson &amp; Elizabeth Hopper</a></p>	<p>Join David <b>Trrelaven</b> <i>Trauma-Sensitive Mindfulness (TSM) Community</i> for exclusive access to: A TSM Starter Kit with 10 trauma-sensitive modifications you can incorporate immediately into your teaching and practice A free, monthly, live TSM Community Meet Up online Notifications about new episodes of David's monthly TSM Podcast where he interviews experts on trauma-sensitive mindfulness. JOIN THE TSM COMMUNITY NOW: <a href="https://davidtreleaven.com/connect/">https://davidtreleaven.com/connect/</a></p>	<p><b>Centre for Adolescent Studies</b> <a href="https://centerforadolescentstudies.com/">https://centerforadolescentstudies.com/</a> Training to build authentic relationships, practice trauma-informed care, and share mindfulness with youth</p> <p>The completely free, online, Trauma Basics for Youth Workers (online; self-paced) Self-paced 2-hour course on the basics of trauma-informed care with youth. Lifetime access to the course content!</p>
 <p><b>TRAUMA</b> Teaching kids all about trauma Written by Robert Edelman, M.S., Selena Carter, M.Ed., Licensed Mental Health Counselor Illustrated by Selena Carter</p> <p><a href="#">Teaching Kids All About Trauma by Robert Edelman, Selena Carter (Illustrator)</a></p> <p>How trauma affects our thoughts, feelings and behavior</p>	 <p><b>TRAUMA SENSITIVE YOGA DECK FOR KIDS</b> For Therapists, Caregivers, and Yoga Teachers Kirsten Voris and Brooklyn Alvarez with DAVID EMERSON</p> <p><a href="#">Trauma Sensitive Yoga Deck for Kid: For Therapists, Caregivers and Yoga Teachers KIRSTEN VORIS, Brooklyn Alvarez, David Emerson</a></p> <p>This deck of 50 yoga shapes was created for trauma-</p>	 <p><b>Trauma-Informed Mindfulness with Teens</b> A Guide for Mental Health Professionals SAM HIMELSTEIN</p> <p><a href="#">Trauma Sensitive Mindfulness for Teens: A Guide for Mental Health Professionals by Sam Himmelstein</a></p>	 <p><b>THE BODY KEEPS THE SCORE</b> BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA BESSEL VAN DER KOLK, M.D.</p> <p><a href="#">The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk M.D.</a></p>



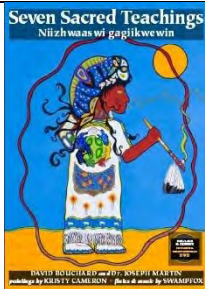


# Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

are discussed to help children recognize and express how they might have, or might be, affected by stressful events in their lives

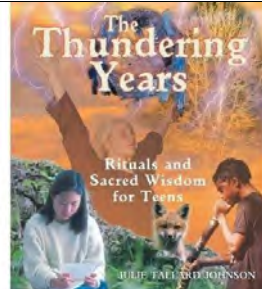
sensitive yoga facilitators and other counselors, social workers, and caregivers who work with children. Unlike a traditional yoga deck, this one is trauma informed, somatic focused, and ideal for use in a variety of settings including small groups, classrooms, and one-on-one.

## 45. Indigenous Education (a work in process)



[Seven Sacred Teachings by David Bouchard \(Author\), Joseph Martin \(Author\), Kristy Cameron \(Illustrator\)](#)

The Seven Sacred Teachings is a message of traditional values and hope for the future. The Teachings are universal to most First Nation peoples. These Teachings are aboriginal communities from coast to coast. They are a link that ties First Nation, Inuit and Métis communities together. David Bouchard is



[The Thundering Years: Rituals and Sacred Wisdom for Teens by Julie Tallard Johnson](#)

Author Julie Tallard Johnson has collected wisdom from cultures around the world to help you survive your Thundering Years with your soul, creativity, and even sense of humor intact. She offers numerous techniques and traditions to help



[Siha Tooskin Knows the Nature of Life Paperback – Illustrated by Charlene Bearhead \(Author\), Wilson Bearhead \(Author\), Chloe Bluebird Mustooch \(Illustrator\)](#)

Paul Wahasaypa knows that Ena Makoochay (Mother Earth) gives us many things. On this compelling nature journey with Ena (his mom), we learn how strength, generosity, kindness, and humility are all shown to us by grandfather rocks, towering trees, four-legged ones, and winged ones, reminding



[Siha Tooskin Knows the Best Medicine by Charlene Bearhead \(Author\), Wilson Bearhead \(Author\), Chloe Bluebird Mustooch \(Illustrator\)](#)

When Siha Tooskin-Paul Wahasaypa finds himself not feeling at all well he learns that there are answers for him from the healing practices of his own people and from Western medicine. Pay a hospital visit to Paul as he learns more about where "modern medicine" really comes from and how we can all benefit

# Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

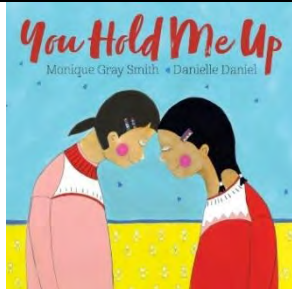
Canada's most renowned and awarded Métis author.

harness the powerful energy released during this time. She shows that when you connect with your thunder in a respectful way, you are given the confidence you need to accomplish all your dreams.

us of the part we have to play in this amazing creation. Join Paul and Ena as they experience the beautiful nature of life.

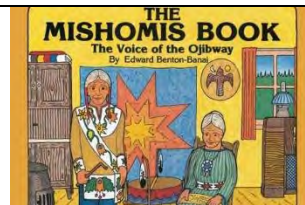
from Indigenous and Western healers as Paul seeks the best medicine for his own wellness.

The Siha Tooskin Knows series uses vivid narratives and dazzling illustrations in contemporary settings to share stories about an 11-year-old Nakota boy.



[You Hold Me Up by Monique Gray Smith - Illustrated by Danielle Daniel](#)

This vibrant picture book, beautifully illustrated by celebrated artist Danielle Daniel, encourages children to show love and support for each other and to consider each other's well-being in their everyday actions.



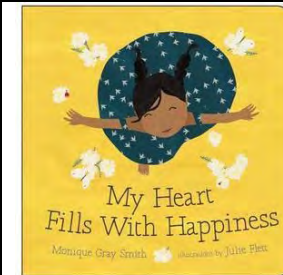
[The Mishomis Book by Edward Benton-Banai](#)

Recommended for all ages  
Created for people of all cultures, but especially for Ojibway and Native youth, The Mishomis Book is a detailed introduction to Ojibway culture and the sacred Midewiwin teachings. Parents will appreciate the message that life should be centered on respect for all living things, vibrant community and a respectful relationship with nature.



[Sometimes I Feel Like A Fox by Danielle Daniel](#)

In this introduction to the Anishinaabe tradition of totem animals, young children explain why they identify with different creatures such as a deer, beaver or moose. Delightful illustrations show the children wearing masks representing their chosen animal, while the few lines of text on each page work as a series of simple poems throughout the book.

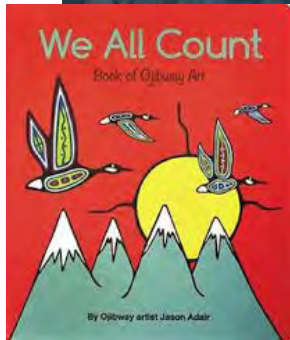


[My Heart Fills With Happiness by Monique Gray Smith \(Author\), Julie Flett \(illustrator\)](#)

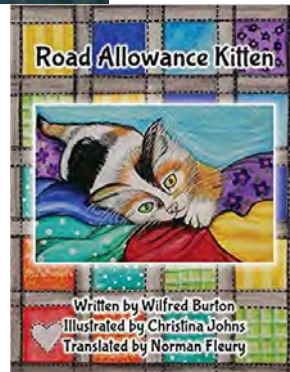
A board book that celebrates happiness and invites children to reflect on the little things in life that bring them joy. The joy of singing, drumming, and dancing, the feeling of sunshine on your face or grass under your feet, the smell of bannock baking or stories told, are related in spare prose and art in this elegant board book which ends with the question, "What fills your heart with happiness?"



## Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

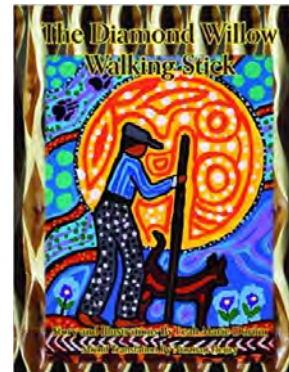


Adair, Jason [Ojibway].  
We All Count: Book of Ojibway Art.  
Native Northwest, 2014.  
<https://www.nativenorthwestselect.ca/Board-Book-We-All-Count-Ojibway>  
Adair's Woodland style of painting is the highlight in this counting board book written in Ojibway and English. Beautifully designed birds and other wildlife sit against flat planes of colour in tones and shades ranging from bright reds to vibrant purples to pale blues. This is a gorgeous book for the very young that opens their eyes to art and their ears to language. An excellent introduction to Ojibway numbers, highlighting the culture's deep relationship with animals. First in a series, this book showcases Ojibway art and culture and teaches children to count in English and Ojibway.



[Burton, Wilfred \[Métis\]. Road Allowance Kitten. Illustrated by Christina Johns \[Métis\]. Gabriel Dumont Institute, 2015.](#)

Two Métis girls and one little kitten are at the centre of this story about the Road Allowance Métis and their forced 1949 relocation by the Saskatchewan government from their homes on the road allowance. As the girls face the upheaval and displacement of their community, they are determined their pet kitten will not be left behind. The folk art illustration style is vivid and colourful, bringing immediacy to the drama of the story.



[Dorion, Leah Marie \[Métis\]. The Diamond Willow Walking Stick: A Traditional Métis Story about Generosity. Gabriel Dumont Institute, 2012.](#)

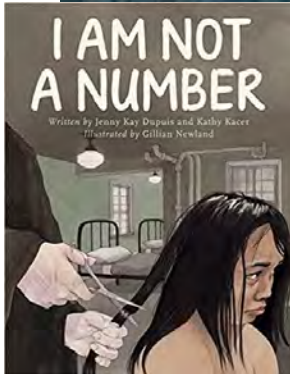
Traditional teachings of kindness and generosity and walking the "good road" are reinforced by Dorion's brilliant full-page paintings. The "circle of generosity" and the sharing of Métis culture, stories, language, and practices are exemplified in the giving away of your most treasured item, in this case a diamond willow walking stick which had been lovingly carved and painted.



[Dorion, Leah Marie \[Métis\]. The Giving Tree: A Retelling of a Traditional Métis Story. Gabriel Dumont Institute, 2009.](#)

This beautiful Michif and English book features a Grandpa telling his grandchild about the "giving tree" where his family stopped when he was a boy travelling between two Métis communities. The giving tree had a hollow that Métis travellers used to store emergency supplies. If one took anything from the tree, they had to add something to the hollow.





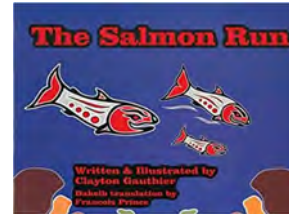
[Dupuis, Dr. Jenny Kay \[Nipissing First Nation\] and Kathy Kacer. I Am Not a Number. Illustrated by Gillian Newland. Second Story Press, 2016.](#)

This harrowing story of the residential school experience is based on the personal account of Irene Couchie Dupuis, the author's Anishinaabe Granny. Irene is eight when she is removed from her family and sent to residential school, where she must draw on her resilience to remember who she is and where she comes from. The realistic illustrations focus on faces and moments that speak to the characters' heartbreak. This difficult story contributes to the painstaking and necessary process of reconciliation. In the afterword, Dupuis elaborates on her Granny's personal story and the history of residential school system, opening up a space for remembering and conversation.



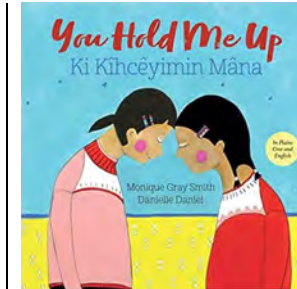
[Flett, Julie \[Cree/Métis\]. Lii Yiboo Nayaapiwak lii Swer: l'Alfabet di Michif / Owls See Clearly at Night: A Michif Alphabet. Simply Read Books, 2010](#)

Julie Flett's introduction to the Michif language imparts essential vocabulary relating to the land, weather, animals, and plants. From Li Bafloo to La Galet to Lii Zyeu, Flett illustrates elements of Métis culture and country. The grey-scale palette is augmented by bursts of red and subtle shades of yellow and blue.



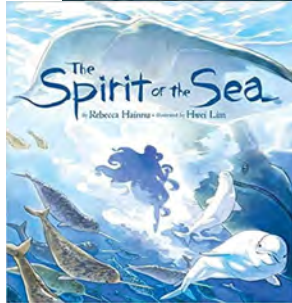
[Gauthier, Clayton \[Cree/Dakelh\]. The Salmon Run. Theytus Books, 2016.](#)

Through poetic language and bold illustrations, Gauthier's bilingual text follows the salmon upstream in the path of their ancestors. Bold blue, grey, and red images impart respect and knowledge as the salmon spawn and finally rest. Dakelh translation by Francois Prince.



[Gray Smith, Monique \[Cree/Lakota\]. You Hold Me Up. Illustrated by Danielle Daniel \[Métis\]. Orca Book Publishers, 2017.](#)

Gray Smith provides a positive message of love, support, and respect for children and adults. "You hold me up" refers to the support and love the children receive through moments of comfort, laughing and learning together, and being listened to. The book ends by showing that "we hold each other up." This book is perfect not only for storytime but also for bedtime as it has a beautiful calming pace.



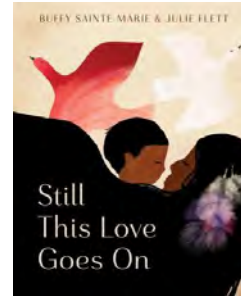
[Hainnu, Rebecca \[Inuit\].  
The Spirit of the Sea.  
Illustrated by Hwei Lim.  
Inhabit Media, 2014.](#)

The tragic story of how a beautiful young girl became the spirit of the sea is an important narrative found across the Arctic. Nuliajuq, the name used in this version of the story, is too proud to accept the many offers of marriage from local hunters until a handsome man steals her heart. When Nuliajuq realizes she has been tricked, she calls to her father to save her. During the ensuing escape, fear causes dramatic consequences for Nuliajuq and she is doomed to the watery underworld. This powerful story of pride, deception, and cowardice is beautifully illustrated in shades of milky blues.



[Drum From the Heart by Ren Louie \(Nuu-chah-nulth\), illustrated by Karlene Harvey \(Dene, Tsilhqot'in, Salish & Syilx\)](#)

"When he is gifted a handmade drum by his mother, Ren learns the teachings of the drum that she also passes down to him. Ren discovers that through this special drum, he is able to connect to his culture and find a confidence in his voice to joyfully share in singing the traditional songs of his Nuu-chah-nulth Nation."  
– Medicine Wheel Publishing website



[Still This Love Goes On by Buffy Sainte-Marie \(Cree\), illustrated by Julie Flett \(Cree-Metis\)](#)

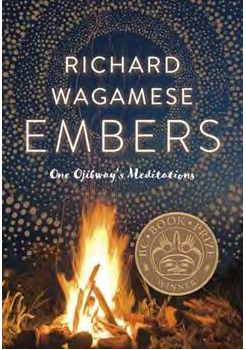
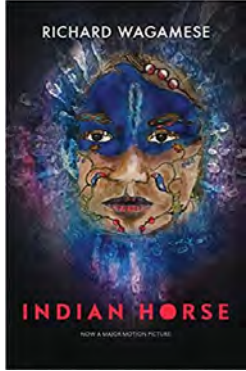

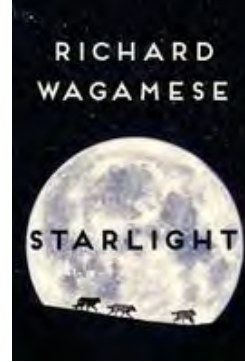
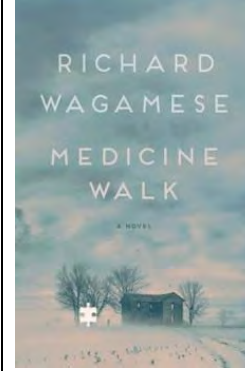
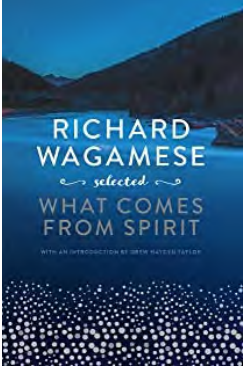
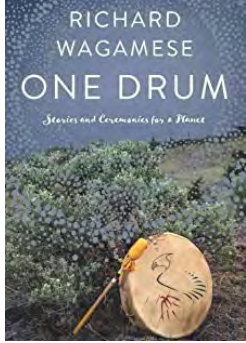

"Based on Academy Award-winning Cree icon Buffy Sainte-Marie's song of the same name, Still This Love Goes On is a stunning celebration of Indigenous experience. Breathtaking illustrations from celebrated Cree-Métis artist Julie Flett combine with Sainte-Marie's vivid lyrics to craft a remarkable piece of art." – Greystone Books website

This gem of a picture book features:

- Sheet music of Buffy Sainte-Marie's beloved song
- Notes from Sainte-Marie and Flett about their inspiration for the song and illustrations

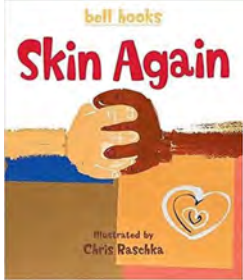
46. Richard Wagamese

Richard Wagamese was an Ojibwe author and journalist from the Wabaseemoong Independent Nations in what is now known as northwestern Ontario.

 <p><a href="#">Embers: One Ojibway's Meditations by Richard Wagamese</a></p>	 <p><a href="#">Indian Horse by Richard Wagamese</a></p>	 <p><a href="#">Keeper'n Me by Richard Wagamese</a></p>	 <p><a href="#">Starlight by Richard Wagamese</a></p>	 <p><a href="#">Medicine Walk by Richard Wagamese</a></p>
 <p><a href="#">Richard Wagamese Selected: What Comes from Spirit by Richard Wagamese and Drew Hayden Taylor</a></p>	 <p><a href="#">One Drum: Stories and Ceremonies for a Planet by Richard Wagamese</a></p>	 <p><a href="#">Ragged Company by Richard Wagamese</a></p>		

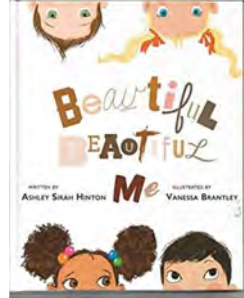


47. Children's Books to spark important discussions about Race + tolerance



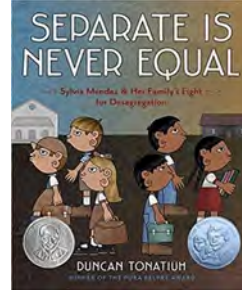
[Skin Again by Bell Hooks \(Author\), Chris Raschka \(Illustrator\)](#)

This poetic ode to celebrating our differences is a gentle way to introduce young children to the concepts of race and identity



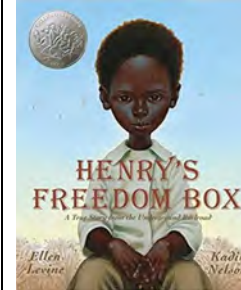
[Beautiful Beautiful Me by Ashley Sirah Hinton \(Author\), Vanessa Brantley-Newton \(Illustrator\)](#)

A beautiful children's book celebrating diversity and reminding kids of all colors how beautiful they are.



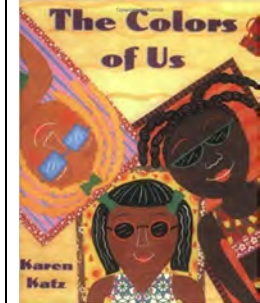
[Separate Is Never Equal: Sylvia Mendez & Her Family's Fight for Desegregation by Duncan Tonatiuh \(Author\)](#)

An inspiring story about one family's efforts to desegregate California schools in the late 1940s. A 2015 Pura Belpré Illustrator Honor Book



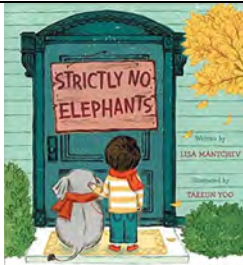
[Henry's Freedom Box by Ellen Levine \(Author\), Kadir Nelson \(Illustrator\)](#)

The stunningly illustrated, heart-wrenching tale of a slave who mailed himself to freedom.

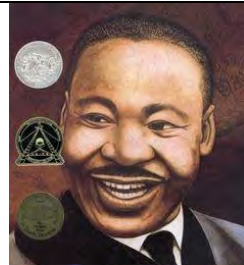


[The Colors of Us by Karen Katz \(Author, Illustrator\)](#)

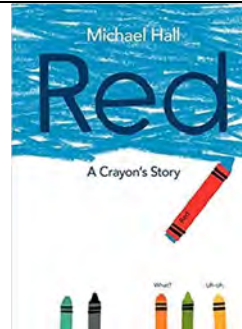
A celebration of the many shades of skin color, as told through the eyes of a seven-year-old girl trying to paint a picture of herself. Perfect for introducing the concept of race to even the youngest readers.



[Strictly No Elephants by Lisa Mantchev \(Author\), Taeun Yoo \(Illustrator\)](#)



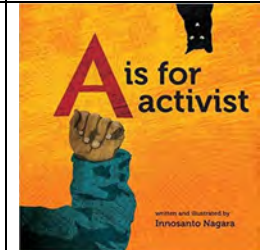
[Martin's Big Words by Julius Lester, illustrated by Karen Barbour](#)



[Red: A Crayon's Story by Michael Hall](#)



[One Family by George Shannon \(Author\), Blanca Gomez \(Illustrator\)](#)



[A is for Activist by Innosanto Nagara](#)

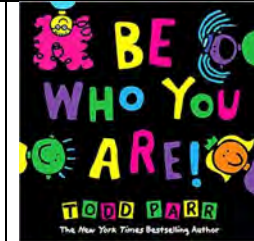
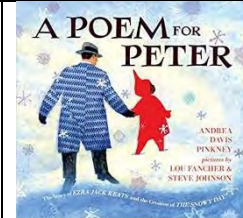
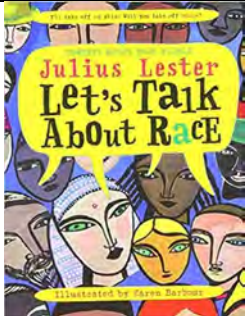
A sweet lesson in tolerance, acceptance, and inclusion for even the youngest readers

A beautiful, accessible introduction to the life and words of Martin Luther King, Jr.

A funny, clever story that will help little ones down the path of finding joy in staying true to who you really are

A playful look at diversity and the many ways to form a family.

A primer for social justice perfect for even the littlest activist.



[Let's Talk About Race by Julius Lester \(Author\)](#)

[We March by Shane W. Evans \(Author, Illustrator\)](#)

[The Other Side by Jacqueline Woodson \(Author\), E. B. Lewis \(Illustrator\)](#)

[A Poem for Peter: The Story of Ezra Jack Keats and the Creation of The Snowy Day by Andrea Davis Pinkney \(Author\), Steve Johnson \(Illustrator\), Lou Fancher \(Illustrator\).](#)

[Be Who You Are by Todd Parr \(Author\)](#)

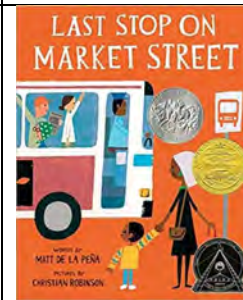
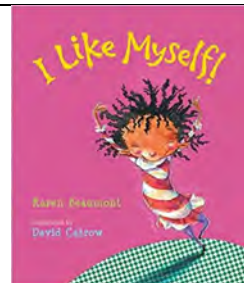
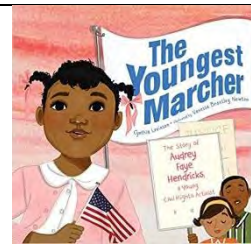
The perfect conversation starter for any discussion about race, this lively picture books celebrate what makes us different yet all the same


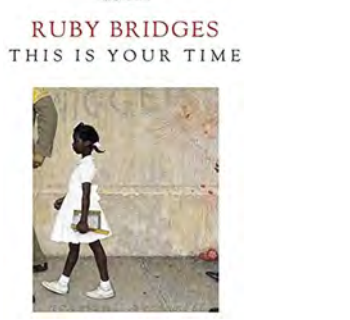
A critical moment in the civil rights movement—the 1963 March on Washington—told in clear, concise prose

A longstanding classic about bridging the racial divide between two young friends, told through powerful prose and gorgeous watercolor illustrations.

The inspiring story behind the ground-breaking classic A Snowy Day, the first mainstream book to feature an African American hero

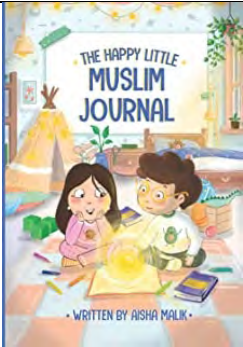
The ultimate celebration of self and a vibrant, playful reminder to be proud of who you are and where you come from.



<p><a href="#">The Adventures of Beekle: The Unimaginary Friend by Dan Santat (Author)</a></p> <p>A charming, endearing friendship story that reminds us all there's a place for everyone in this big, wide world. Winner of the 2015 Caldecott Medal.</p>	<p><a href="#">The Youngest Marcher: The Story of Audrey Faye Hendricks, a Young Civil Rights Activist by Cynthia Levinson (Author), Vanessa Brantley-Newton (Illustrator)</a></p> <p>The story of the youngest known civil rights protester in history will teach children that you're never too small to stand up for what you believe in.</p>	<p><a href="#">I Like Myself! by Karen Beaumont (Author), David Catrow (Illustrator).</a></p> <p>A silly, joyful celebration of being true to who you are. Catchy rhyming text makes this a perfect read-aloud</p>	<p><a href="#">Last Stop on Market Street by Matt de la Peña (Author), Christian Robinson (Illustrator)</a></p> <p>This bus ride through a busy city showcases people of different skin colors, ages, and classes, and takes readers on a journey that will help them appreciate the beauty all around. Winner of the 2016 Newbery Medal and the 2016 Caldecott Honor</p>	<p><a href="#">Amazing Grace by Mary Hoffman (Author), Caroline Binch (Illustrator).</a></p> <p>Ideal for sparking conversations about race and gender with young children, the story of spirited Grace remains as important today as it was when it was first published 25 years ago</p>
 <p><a href="#">Malala's Magic Pencil by Malala Yousafzai (Author), Kerascoët (Illustrator).</a></p> <p>Malala's Magic Pencil, the first picture book from Nobel Prize winning Pakistani activist Malala Yousafzai. It depicts the story of her childhood for a young audience</p>	 <p><a href="#">This Is Your Time by Ruby Bridges</a></p> <p>Inspired by the recent wave of activism led by young people fighting for racial justice, civil rights icon Ruby Bridges--who, at the age of six, was the first black child to integrate an all-white elementary school in New Orleans--shares her story and offers a powerful call to action with this elegant gift book.</p>			



## 48. Mindful Muslims



[The Happy Little Muslim Journal](#)  
by Aisha Malik and Dhvani N Gosalia



[Mini Mindful Bundle Flashcards & Book Set](#)

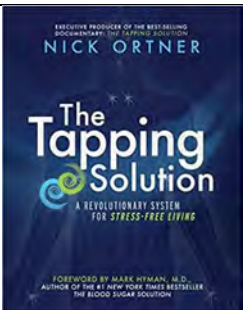
Mini Mindful Muslims is a first new and exciting way to introduce mindfulness activities to your mini muslims and muslimahs, while spending quality time together. The first kind of Islamic mindfulness activity deck for your mini muslims and muslimahs!  
This deck is an inclusive tool for nurturing Islamic practises through relaxation techniques, positivity and calmness through mindfulness AND a picture book.



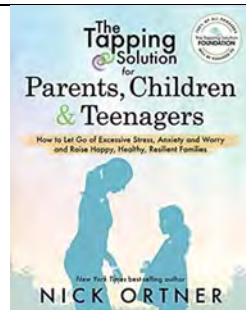
[E-Download PDF Flashcards 25 Pack Islamic Mindfulness Activities for Children/Kids – Calm, Positivity, Focus](#)

INSTANT DIGITAL DOWNLOAD. Introducing Mini Mindful Muslims, the first kind of Islamic mindfulness activity deck for mini muslims! Our cards are separated colour coded 3 categories: calm, focus and positivity, designed to fit into each part of the day. Beautifully full colour illustrations on both sides of the card and easy instructions, these cards provide fun for each practise for your child or even yourself!

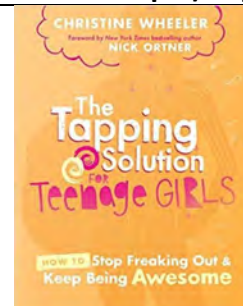
## 49. EFT (Emotional Freedom Technique) Tapping



[The Tapping Solution](#) by Nick Ortner (Author), Mark Hyman M.D. (Foreword)


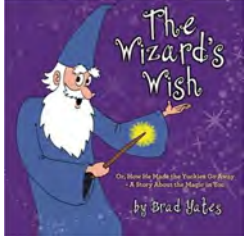
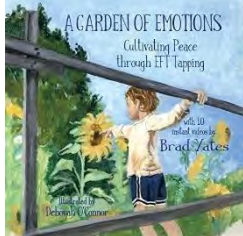
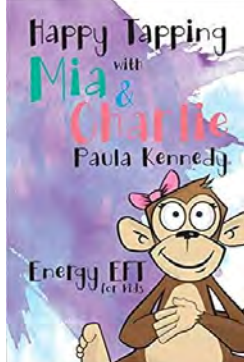


[The Tapping Solution for Parents, Children & Teenagers: How to Let Go of Excessive Stress, Anxiety and Worry and Be Happy, Healthy, Resilient Families](#)

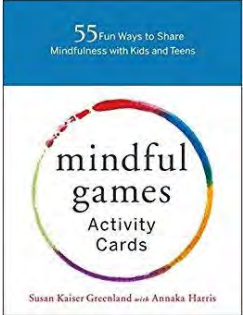
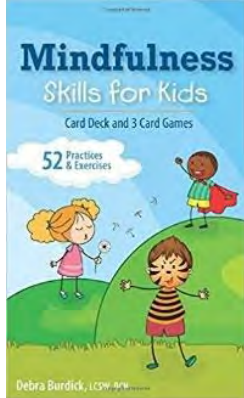



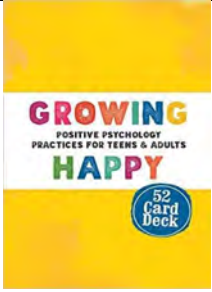
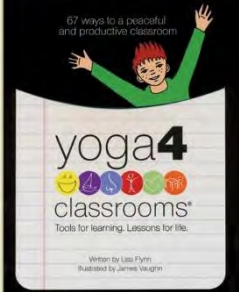
[The Tapping Solution for Teenage Girls: How to Stop Freaking Out and Keep Being Awesome](#) by Christine Wheeler

[Raise Happy, Healthy, Resilient Families by Nick Ortner](#)

			
<p><a href="#">Gorilla Thumps and Bear Hugs: A Tapping Solution Children's Story by Alex Ortner (Author), Erin Mariano (Illustrator)</a></p>	<p><a href="#">The Wizard's Wish: Or, How He Made the Yuckies Go Away - A Story About the Magic in You by Brad Yates</a></p>	<p><a href="#">A Garden of Emotions: Cultivating Peace through EFT by Brad Yates (Author), Deborah O'Connor (Illustrator)</a></p>	<p><a href="#">Happy Tapping with Mia &amp; Charlie Energy EFT For by Kennedy Paula</a></p>

### 50. Card Decks for Children

				
<p><a href="#">My Calm Place – Yoga, Mindfulness &amp; Meditation Strategies for Children Card Deck by Barbara Neiman</a></p>	<p><a href="#">Mindful Kids: 50 Mindfulness Activities for Kindness, Focus and Calm by Whitney Stewart</a></p>	<p><a href="#">Yoga &amp; Mindfulness Practices for Children Card Deck by Jennifer Cohen Harper</a></p>	<p><a href="#">Mindful Games Activity Cards: 55 Fun Ways to Share Mindfulness with Kids and Teens by Susan Kaiser Greenland &amp; Annaka Harris</a></p>	<p><a href="#">Mindfulness Skills for Kids: Card Deck and 3 Card Games Card Deck</a></p>

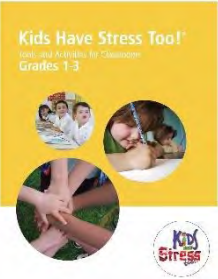



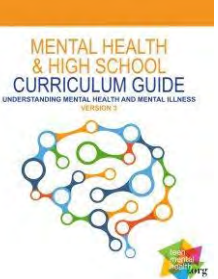
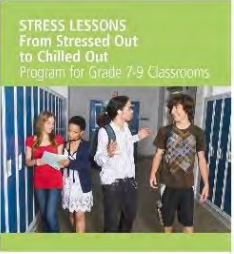
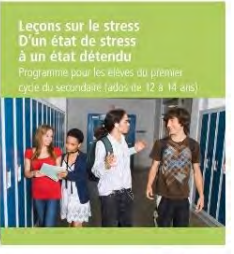


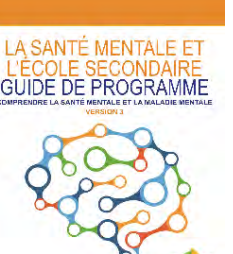
				
<p><a href="#">The Monkey Mind Meditation Deck: 30 Fun Ways for Kids to Chill Out, Tune In, and Open Up Cards by Carolyn Kanjuro &amp; Alexander Vidal</a></p>				
<p><b>51. Card Decks For Teens</b></p>				
				
<p><a href="#">Be Mindful Card Deck for Teens Cards by Gina M. Biegel</a></p>	<p><a href="#">Growing Happy Card Deck: Positive Psychology Practices for Teens &amp; Adults Cards by Christopher Willard &amp; Mitch Abbett</a></p>	<p><a href="#">Yoga4Classrooms® Activity Card Deck, Tools for learning, Lessons for life by Lisa Flynn</a></p>	<p><a href="#">Yoga &amp; Mindfulness Practices for Teens Card Deck by Jennifer Cohen Harper</a></p>	<p><a href="#">The Stress Reduction Card Decks for Teens: 52 mindful cards to bust stress and find your calm-anytime, anywhere By Gina M. Biegel, MA, LMFT</a></p>



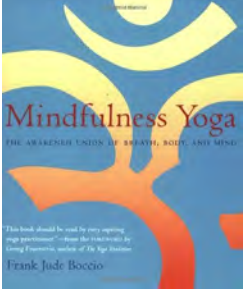
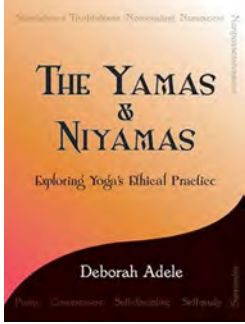
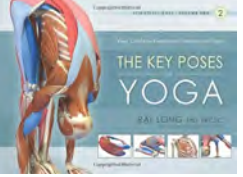
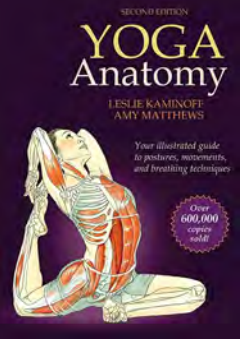
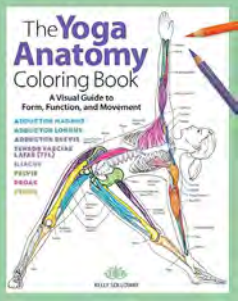
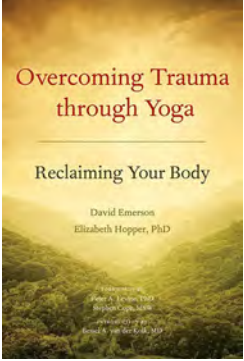
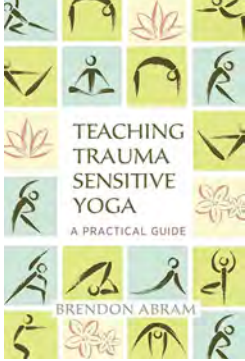
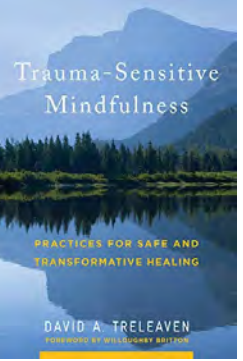
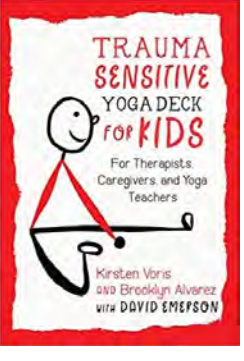
52. Card Decks For All

 <p>Mindfulness ON THE GO CARDS</p> <p>52 Simple Meditation Practices You Can Do Anywhere by Jan Chozen Bays, MD</p>	 <p>MINDFULNESS on the GO</p> <p>Discover how to be mindful wherever you are—on the train, at work, on your daily commute, or while traveling.</p> <p>AKA BLADE</p> <p>Includes 52 cards and a 64-page illustrated book of 61 tips and techniques to help you master your mindfulness cards.</p>	 <p>GROWING MINDFUL</p> <p>MINDFULNESS PRACTICES FOR ALL AGES</p> <p>52 Card Deck</p>	 <p>Mindful REMINDERS</p> <p>CARD DECK</p> <p>52 Powerful Practices for Adults</p> <p>By Mitch Abblett, PhD &amp; Christopher Willard, PhD</p>	 <p>Melt Worry &amp; Relax</p> <p>CARD DECK</p> <p>56 CBT &amp; Mindfulness Strategies to Release Anxiety</p> <p>Jennifer L. Abel PhD</p>
 <p>THE SELF-COMPASSION DECK</p> <p>50 MINDFULNESS-BASED PRACTICES</p> <p>CHRISTOPHER WILLARD, PH.D. &amp; MITCH ABBLETT, PH.D. AND TIM JERKOVIC, LMFT</p>	 <p>RETHINK</p> <p>CARD DECK</p> <p>Mindful Conversation Starters</p> <p>56 Questions to Encourage Compassion, Shift Perspective &amp; Build Connection</p>	 <p>Creative Affirmation Cards</p> <p>My Life Creative</p> <p>Creative Affirmation Cards</p> <p>It's hard what to do for kids.</p> <p>Illustration by Tim Jerkovic</p>		<p><a href="#">Mindfulness on the Go Cards: 52 Simple Meditation Practices You Can Do Anywhere by Jan Chozen Bays</a></p> <p><a href="#">Mindfulness On The Go by Anna Black</a></p> <p><a href="#">Growing Mindful Cards by Christopher Willard &amp; Mitch Abblett</a></p> <p><a href="#">Mindful Reminders Card Deck: 52 Powerful Practices for Adults by Christopher Willard &amp; Mitch R Abblett</a></p> <p><a href="#">Melt Worry &amp; Relax by Jennifer L Abel</a></p> <p><a href="#">The Self-Compassion Deck by Christopher Willard &amp; Mitch Abblett</a></p> <p><a href="#">Rethink: 52 conversation cards by Mindfulness Without Borders</a></p> <p><a href="#">Creative Affirmation Cards</a></p>

## 53. Stress Lessons - The Psychology Foundation of Canada and Teen Mental Health

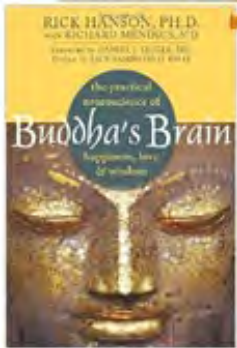
 <p><b>Kids Have Stress Tool™</b> Tools and Activities for Classrooms Grades 1-3</p> <p><b>Electronic Version: Grade 1-3 School Program Guide</b> <a href="#">ORDER HERE:</a></p>	 <p><b>Nos enfants et le stress™</b> Outils et activités pour les classes de 1<sup>re</sup> à 3<sup>e</sup> année</p> <p><b>Electronic Version: Grade 1-3 School Program Guide French</b> <a href="#">ORDER HERE:</a></p>	 <p><b>Stress Lessons Toolkit</b></p> <p><b>Electronic Version: Stress Lessons for Grade 4-6 English</b> <a href="#">ORDER HERE:</a></p>	 <p><b>Stress Lessons Toolkit</b></p> <p><b>Electronic Version: Stress Lessons Guide 4-6 French</b> <a href="#">ORDER HERE:</a></p>	 <p><b>MENTAL HEALTH &amp; HIGH SCHOOL CURRICULUM GUIDE</b> UNDERSTANDING MENTAL HEALTH AND MENTAL ILLNESS VERSION 1</p> <p><a href="http://teenmentalhealth.org/wp-content/uploads/2018/01/FINAL-Guide-Dec-2017-Online-Cover-and-Interior.pdf">http://teenmentalhealth.org/wp-content/uploads/2018/01/FINAL-Guide-Dec-2017-Online-Cover-and-Interior.pdf</a></p>
 <p><b>STRESS LESSONS From Stressed Out to Chilled Out</b> Program for Grade 7-9 Classrooms</p> <p><b>Electronic Version: Stress Lessons Guide 7-9 English</b> <a href="#">ORDER HERE:</a></p>	 <p><b>Laçons sur le stress</b> D'un état de stress à un état détendu Programme pour les élèves du premier cycle du secondaire (âges de 12 à 14 ans)</p> <p><b>Electronic Version: Stress Lessons Guide 7-9 French</b> <a href="#">ORDER HERE:</a></p>	 <p><b>Leçons sur le stress : Outils de résilience</b> Une ressource pour les élèves du 2<sup>e</sup> cycle du secondaire</p> <p><b>Electronic Version: Stress Lessons Guide 9-12 English</b> <a href="#">ORDER HERE:</a></p>	 <p><b>Stress Lessons: Tools for Resiliency</b> A Resource for Grades 9-12</p> <p><b>Electronic Version: Stress Lessons Guide 9-12 French</b> <a href="#">ORDER HERE</a></p>	 <p><b>LA SANTÉ MENTALE ET L'ÉCOLE SECONDAIRE</b> GUIDE DE PROGRAMME COMPRENDRE LA SANTÉ MENTALE ET LA MALADIE MENTALE VERSION 1</p> <p><a href="http://teenmentalhealth.org/wp-content/uploads/2018/06/FINAL-French-Guide-2018-Full-Online-Version.pdf">http://teenmentalhealth.org/wp-content/uploads/2018/06/FINAL-French-Guide-2018-Full-Online-Version.pdf</a></p>

54. Mindful Yoga Teacher Training Reading List

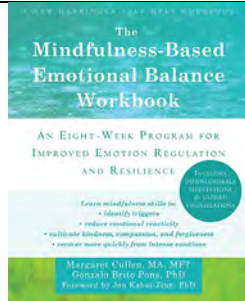
 <p><a href="#">Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind by Frank Jude Boccio and Georg Feuerstein Ph.D.</a></p>	 <p><a href="#">The Yamas &amp; Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele</a></p>	 <p><a href="#">The Key Poses of Yoga: Scientific Keys, Volume II by Ray Long</a></p>	 <p><a href="#">Yoga Anatomy-2nd Edition by Leslie Kaminoff and Amy Matthews</a></p>	 <p><a href="#">The Yoga Anatomy Coloring Book: A Visual Guide to Form, Function, and Movement (Volume 1) by Kelly Solloway and Samantha Stutzman</a></p>
 <p><a href="#">Overcoming Trauma through Yoga: Reclaiming Your Body by David Emerson, Elizabeth Hopper Ph.D., et al.</a></p>	 <p><a href="#">Teaching Trauma-Sensitive Yoga: A Practical Guide by Brendon Abram, Mark Stephens, et al.</a></p>	 <p><a href="#">Trauma-Sensitive Mindfulness: Practices For Safe And Transformative Healing, David Treleaven</a></p>	 <p><a href="#">Trauma Sensitive Yoga Deck for Kid: For Therapists, Caregivers and Yoga Teachers KIRSTEN VORIS, Brooklyn Alvarez, David Emerson</a></p>	



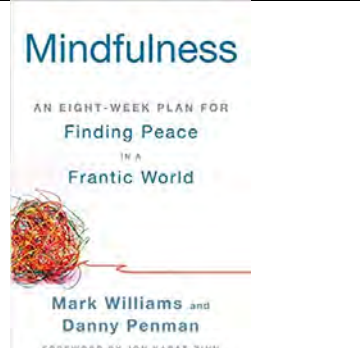
55. Mindfulness Facilitator Resources



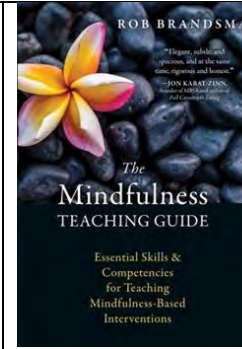
[Buddha's Brain: The Practical Neuroscience of Happiness, Love, & Wisdom by Rick Hanson](#)



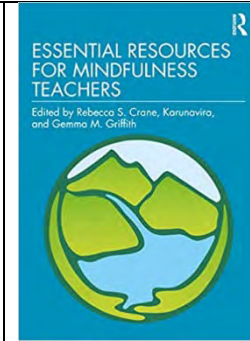
[The Mindfulness-Based Emotional Balance Workbook: An Eight-Week Program for Improved Emotion Regulation and Resilience by Margaret Cullen MA MFT, Gonzalo Brito Pons PhD, et al.](#)



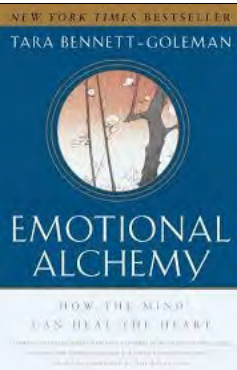
[Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World by Mark Williams \(Author\), Danny Penman \(Author\), Jon Kabat-Zinn \(Foreword\)](#)



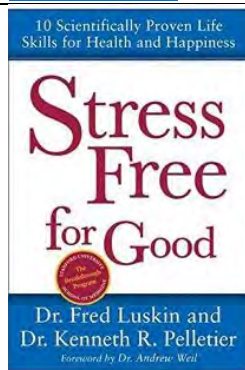
[The Mindfulness Teaching Guide: Essential Skills & Competencies for Teaching Mindfulness-Based Interventions, Rob Brandsma](#)



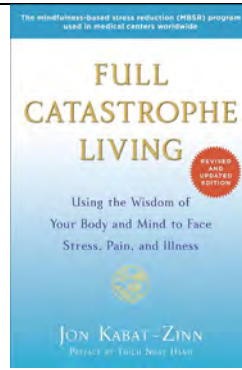
[Essential Resources for Mindfulness Teachers by Rebecca S. Crane \(Editor\), Karunavira \(Editor\), Gemma M. Griffith \(Editor\)](#)



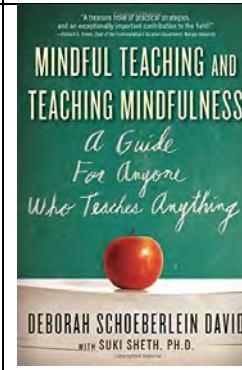
[Emotional Alchemy: How The Mind Can Heal The Heart, Tara Bennett Goleman](#)



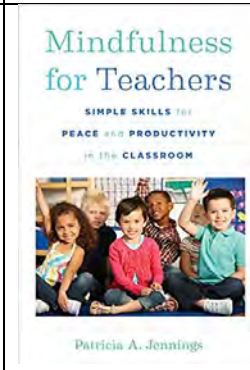
[Forgive for Good: A Proven Prescription for Health and Happiness, Dr. Fred Luskin](#)



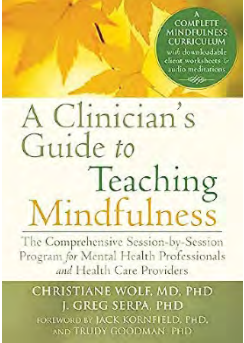
[Full Catastrophe Living: using the wisdom of your body and mind to face stress, pain, and illness, Jon Kabat-Zinn](#)



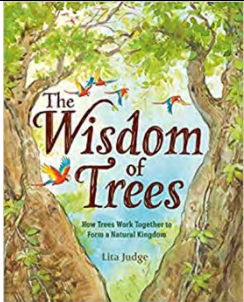

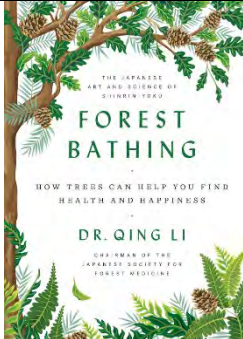
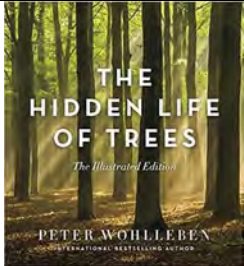
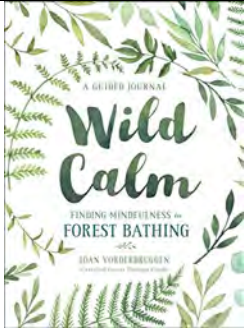
[Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything, Deborah Schoeberlein](#)




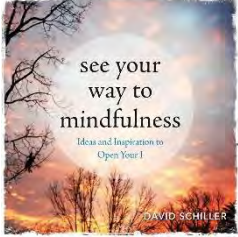
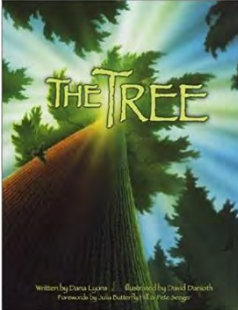
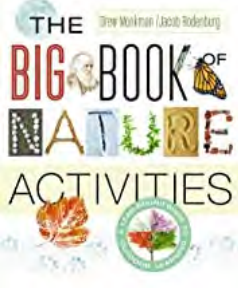
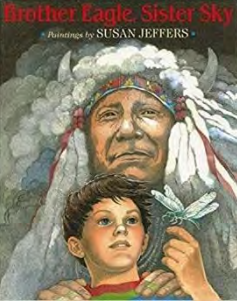
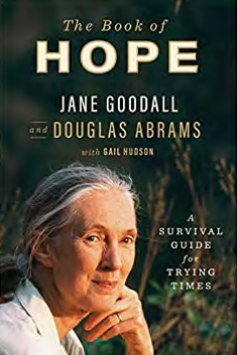

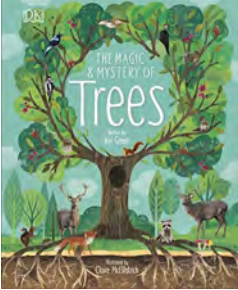


[Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom, Patricia A. Jennings](#)

 <p><a href="#">A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers by Christiane Wolf MD PhD (Author), J. Greg Serpa PhD (Author), Jack Kornfield PhD (Foreword)</a></p>				
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56. Resources about Trees and Nature

 <p><a href="#">The Wisdom of Trees: How Trees Work Together to Form a Natural Kingdom by Lita Judge</a></p>	 <p><a href="#">The Wisdom of Trees Oracle: Oracle Cards for Wisdom and Guidance Cards by Jane Struthers (Author), Merayah Allwood (Illustrator)</a></p>	 <p><a href="#">Forest Bathing: How Trees Can Help You Find Health and Happiness by Qing Dr. Li</a></p>	 <p><a href="#">The Hidden Life of Trees: The Illustrated Edition by Peter Wohlleben (Author), Jane Billinghurst (Translator)</a></p>	 <p><a href="#">Wild Calm: Finding Mindfulness in Forest Bathing: A Guided Journal by Castle Point Books</a></p>
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<p><a href="#">Whatever the Weather: Science Experiments and Art Activities That Explore the Wonders of Weather by Roost Books</a></p>	<p><a href="#">See Your Way to Mindfulness: Ideas and Inspiration to Open Your I by David Schiller</a></p>	<p><a href="#">The Tree by Dana Lyons (Author), David Lane Danioth (Illustrator)</a></p>	<p><a href="#">The Big Book of Nature Activities: A Year-Round Guide to Outdoor Learning by Dr. Jacob Rodenburg and Drew Monkman</a></p>	<p><a href="#">Brother Eagle, Sister Sky by Susan Jeffers</a></p>
				
<p><a href="#">The Book of Hope: A Survival Guide for Trying Times by Jane Goodall and Douglas Abrams</a></p>	<p><a href="#">The Tree in Me by Corinna Luyken</a></p>	<p><a href="#">The Magic and Mystery of Trees by Jen Green (Author), Claire McElpatrick (Illustrator)</a></p>	<p><a href="#">Be a Tree! by Maria Gianferrari (Author), Felicitia Sala (Illustrator)</a></p>	<p><a href="#">A Walking Curriculum: Evoking Wonder And Developing Sense of Place (K-12) by Gillian Judson (Author)</a></p>





### 57. Vibratone, Percussion Chime & Breathing Ball



[Latin Percussion LP775-BL Vibra-Tone Std. Indigo Blue by LP](#)



[John N. Hansen Hoberman: Mini Sphere-Rings](#)











[Woodstock Chimes Percussion Zenergy Chime, Solo Percussion Instrument](#)



## Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

58. Websites for Teen Stress and Anxiety		
<b>The Mindful Teen</b>	<a href="http://mindfulnessforteens.com/">http://mindfulnessforteens.com/</a>	Being a teen can be really stressful! Mindfulness is a powerful way to Handle stress, & live life more fully. Mindfulness is all about living fully in the present moment, without judgment, & with an attitude of kindness & curiosity. This website provides information, tools, & resources to help you get started.
<b>Anxiety BC Youth</b>	<a href="http://youth.anxietybc.com/">http://youth.anxietybc.com/</a>	Online resource providing self-help information, community programs & workshops in British Columbia, resources for parents, caregivers treating anxiety.
<b>Stressed Teens</b>	<a href="http://www.stressedteens.com/">http://www.stressedteens.com/</a>	Stressed Teens teaches mindfulness skills & provides tools for those in their pre-teen years through latter adolescence.
<b>Kids Health</b>	<a href="http://kidshealth.org/en/teens/anxiety.html">http://kidshealth.org/en/teens/anxiety.html</a>	When Is Anxiety Normal? It's normal to feel anxious, nervous, or worried at times. Maybe you've felt anxious when you had to talk in front of a group. Or nervous before a tryout or a big test. Maybe you have felt anxious when you weren't sure your surroundings were safe. Or worried when a loved one was sick.
<b>Kids Help Phone – Panic &amp; Anxiety</b>	<a href="http://kidshelpphone.ca/Teens/infoBooth/Emotional-Health/Anxiety.aspx">http://kidshelpphone.ca/Teens/infoBooth/Emotional-Health/Anxiety.aspx</a>	Information about <a href="#">anxiety disorders</a> & different <a href="#">ways of coping</a> with them. You'll learn <a href="#">exercises that can help you keep your cool</a> , & get tips on <a href="#">how to help a friend</a> .
<b>Mindful Choices: Middle &amp; High School</b>	<a href="https://programs.howidecide.org/users/checkout/auth">https://programs.howidecide.org/users/checkout/auth</a>	Learn ways you and your students can become calmer and more focused   taught by How I Decide Course description Mindful awareness is paying careful attention to what is happening now, and noticing when your attention drifts away. Mindful awareness practices help people of all ages develop habits that make us better decision makers. Strategies for developing mindfulness include breathing exercises and awareness activities.
<b>Mental Health and High School Curriculum Guide</b>	<a href="http://teenmentalhealth.org/">http://teenmentalhealth.org/</a>	The <b>Mental Health and High School Curriculum Guide</b> provides a complete set of programs for educators and our community each play an important role in a teenager's life. Our goal for school mental health is to improve mental health literacy among students, educators and school staff. Mental health literacy is defined as: -Understanding how to foster and maintain good mental health -Understanding mental disorders and their treatments -Decreasing stigma -Understanding how to seek help effectively

### 59. Apps (free)

	<p><b>Stop Breathe Think</b></p> <p>The Stop, Breathe &amp; Think App is a free mindfulness, meditation, &amp; compassion building tool for middle-school students, high-school students, &amp; adults. This app includes a web-based platform which allows educators to demonstrate the program to students, which fosters engagement.</p>
	<p><b>Stop, Breathe &amp; Think Kids: Focus, Calm &amp; Sleep</b></p> <p>Age 6-10 Kids name emotions and go on great, mindful missions. It features 15 short video meditation "missions," each of which last between two and eight minutes. The videos feature audio that guides kids through meditations and and quirky, sweet animations featuring cute animals.</p>
	<p><b>MindShift® CBT App</b></p> <p>MindShift® CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. A new feature, the Community forum, now enables you to find and offer peer-to-peer support.</p>
	<p><b>Breathe2Relax</b></p> <p>Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body &amp; instructions &amp; practice exercises to help users learn the stress management skill called diaphragmatic breathing.</p>
	<p><b>Headspace for Educators</b></p> <p>Headspace offers free access to all K-12 teachers, school administrators and supporting staff in the US, UK, Canada and Australia. *For US/CAN educators, please fill out form:  <a href="https://docs.google.com/forms/d/e/1FAIpQLSd42Sy3MAN08loajFtNv9P5w0LSqM6GBJngLj6xu0TVh8jVww/viewform">https://docs.google.com/forms/d/e/1FAIpQLSd42Sy3MAN08loajFtNv9P5w0LSqM6GBJngLj6xu0TVh8jVww/viewform</a></p>
	<p><b>Smiling Mind</b></p> <p>Smiling Mind is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere &amp; every day.</p>
	<p><b>De-stress-ify (free)</b></p> <p>Stress Relief That Lasts. De.stress.ify is a complete program for developing the practices that permanently rewire the brain for less stress &amp; greater mental &amp; emotional balance. In as little as 10 minutes per day, learn life-changing skills for dealing with thoughts, emotions &amp; beliefs that induce stress or anxiety</p>
	<p><b>OMG I Can Meditate</b></p> <p>Simple. Enjoyable. Effective. OMG I Can Meditate! for teens &amp; kids includes an assortment of guided meditations &amp; visualizations created specifically for three age categories, kids 6-9, tweens 10-13, &amp; teens 14-17 &amp; is free for kids &amp; teens.</p>

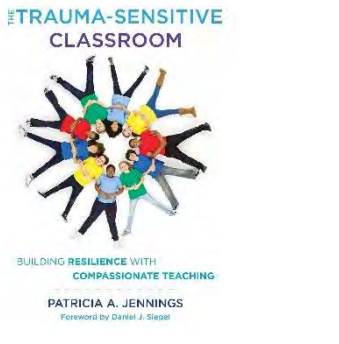
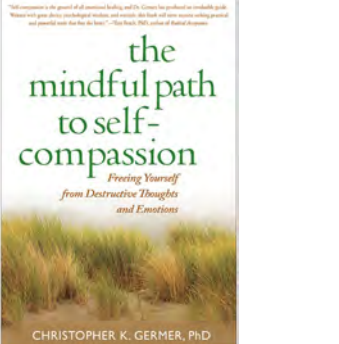
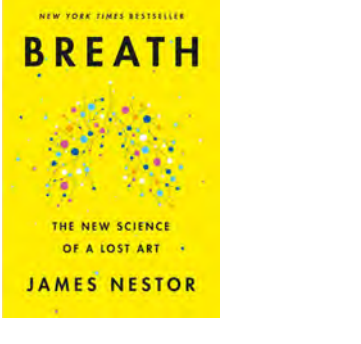
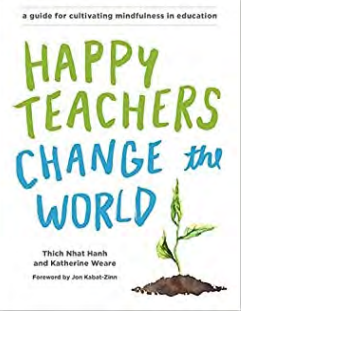
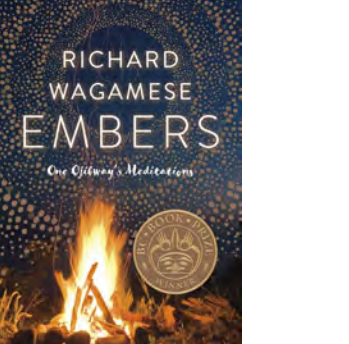
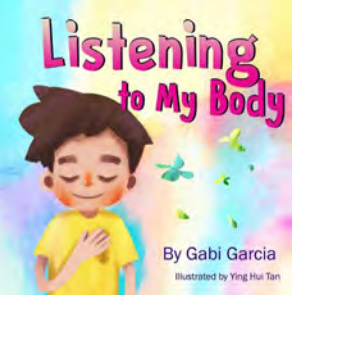
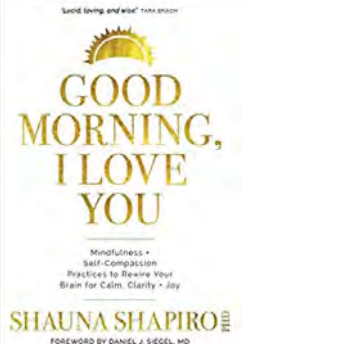

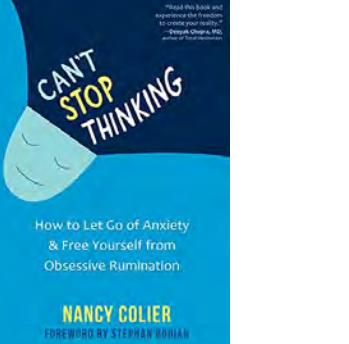





## Mindfulness Everyday's Book Store Books, CDs & Apps June 2023

	<p><b><i>Insight Timer</i></b>          Insight Timer is one of the most popular free meditation apps out there, and it's easy to see why. The app features more than 4,000 guided meditations from over 1,000 teachers—on topics like self-compassion, nature, and stress—plus talks and podcasts. If you prefer a quieter meditation, you can always set a timer and meditate to intermittent bells or calming ambient noise.</p>
	<p><b><i>16 Guidelines for a Happy Life</i></b>          By The Foundation for Developing Compassion and Wisdom. Seeking new inspiration and calm in your life? Take a few minutes to reconnect with the best of yourself, and discover fun ways to make a positive difference to your family, friends and workplace.</p>
	<p><b><i>Inner Explorer</i></b>          for Families - Helping Parent Raise Mindful Kids. Inner Explorer was designed for Pre K – 12th grade students. However, many adults utilize the program on a daily basis. Practicing as a family magnifies the benefits and creates calm and connection.</p>
	<p><b><i>Healthy Minds</i></b>          With a combination of podcast-style lessons and both seated and active meditations, you'll learn what the science says about the brain while developing skills to tap into these learnings for a healthier, happier you.          Founded by neuroscientist Dr. Richard Davidson (who also founded the research institute Center for Healthy Minds at the University of Wisconsin-Madison), the app integrates neuroscience and research-based techniques with meditation training to increase overall well-being.</p>

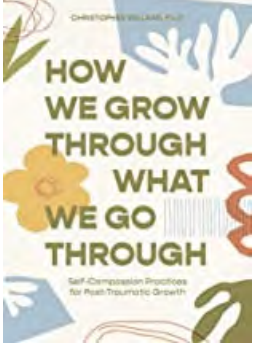
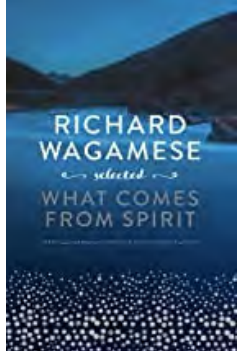
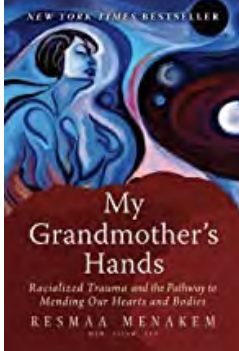


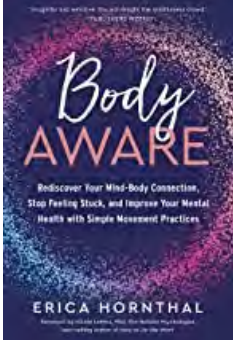

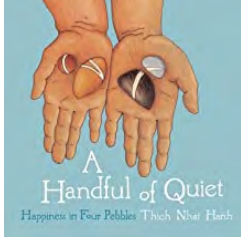

### 60. ME Facilitator Picks

 <p><a href="#">The Trauma-Sensitive Classroom: Building Resilience with Compassionate Teaching by Patricia A. Jennings</a></p>	 <p><a href="#">The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions, Christopher K. Germer</a></p>	 <p><a href="#">"Breath: The New Science of a Lost Art" by James Nestor</a></p>	 <p><a href="#">"Happy Teachers Change the World" by Thich Nhat Hanh and Katherine Weare</a></p>	 <p><a href="#">Embers by Richard Wagamese</a></p>
 <p><a href="#">Listening to My Body by Gabi Garcia</a></p>	 <p><a href="#">Good morning, I love you by Dr. Shauna Shapiro</a></p>	 <p><a href="#">Awake in the Wild: Mindfulness in Nature as a Path of Self-Discovery by Mark Coleman</a></p>	 <p><a href="#">Can't Stop Thinking - How to Let Go of Anxiety and Free Yourself from Obsessive Rumination by Nancy Colier</a></p>	 <p><a href="#">The Places That Scare You by Pema Chodron (2001)</a></p>

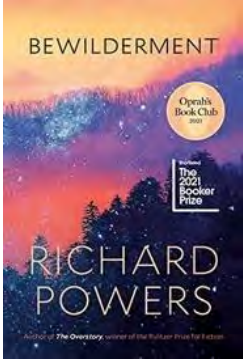

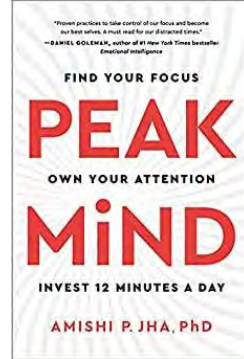
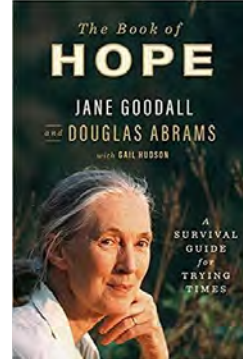

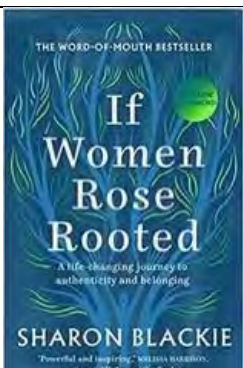

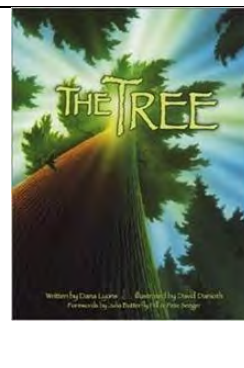


61. Mindfulness Everyday Holiday Picks 2022

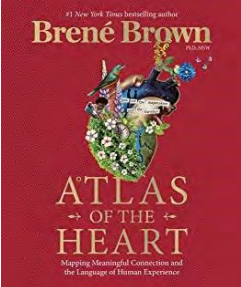
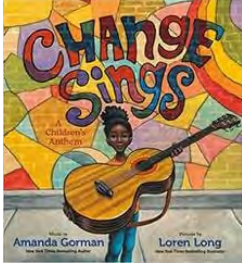
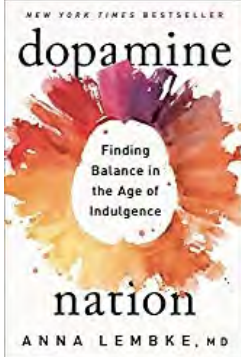
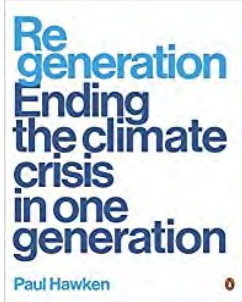
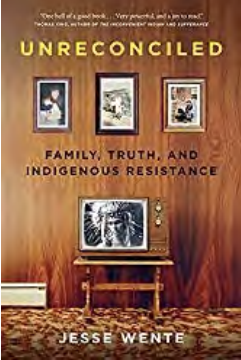
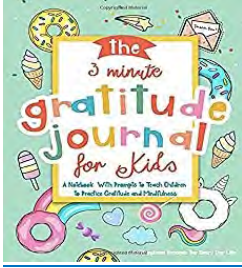
				
<p><a href="#">Pause Rest Be by Octavia Raheem</a></p>	<p><a href="#">The Mindful Breathing Workbook for Teens: by Matthew D. Dewar EdD and Gina M. Biegel MA LMFT</a></p>	<p><a href="#">Mindfulness Workbook for Teens: Exercises and Tools to Handle Stress, Find Focus, and Thrive by Linette Bixby</a></p>	<p><a href="#">The Mindful Teen Workbook by Patricia Rockman MD, Allison McLay DCS, Lee Freedman MD</a></p>	<p><a href="#">Kindness Makes Me Stronger by Elizabeth Cole</a></p>
				
<p><a href="#">Happiness Now by Robert Holden</a></p>	<p><a href="#">Why We Meditate by Daniel Goldman</a></p>	<p><a href="#">Emotional Alchemy: How the Mind Can Heal the Heart by Tara Bennet Goldman</a></p>	<p><a href="#">Lighter by Yung Pueblo</a></p>	<p><a href="#">We Were Made For These Times by Kaira Jewel Lingo</a></p>



 <p><a href="#">How We Grow Through What We Go Through: Self-Compassion Practices for Post-Traumatic Growth by Christopher Willard PsyD</a></p>	 <p><a href="#">What Comes From Spirit - Richard Wagamese</a></p>	 <p><a href="#">My Grandmother's Hands by Resmaa Menakem</a></p>	 <p><a href="#">The Little Frog Awakes by Eline Snel</a></p>	 <p><a href="#">Intraconnected by Daniel J. Siegal</a></p>
 <p><a href="#">Body Aware by Erica Hornthal</a></p>	 <p><a href="#">Still This Love Goes On by Buffy Sainte-Marie (Cree), illustrated by Julie Flett (Cree-Metis)</a></p>	 <p><a href="#">A Handful of Quiet by Thich Nhat Hanh</a></p>	 <p><a href="#">Creative Affirmation Cards</a></p>	

62. Mindfulness Everyday Holiday Picks 2021

				
<p><a href="#">Bewilderment by Richard Powers</a></p>	<p><a href="#">Gather by Octavia Raheem</a></p>	<p><a href="#">Peak Mind by Dr. Amishi Jha</a></p>	<p><a href="#">The Book of Hope: A Survival Guide for Trying Times by Jane Goodall</a></p>	<p><a href="#">The Joy of Movement by Kelly McGonigal</a></p>
				
<p><a href="#">If Women Rose Rooted by Sharon Blackie</a></p>	<p><a href="#">The Strangers by Katherine Vermette</a></p>	<p><a href="#">The Tree by Dana Lyons (Author), David Lane Danioth (Illustrator)</a></p>	<p><a href="#">Welcoming the Unwelcome by Pema Chodron</a></p>	<p><a href="#">Brother Eagle, Sister Sky by Susan Jeffers</a></p>

				
<p><a href="#">Atlas of the Heart by Brene Brown</a></p>	<p><a href="#">Change Sings by Amanda Gorman</a></p>	<p><a href="#">Fierce Self-Compassion by Kristen Neff</a></p>	<p><a href="#">Dopamine Nation by Anna Lembke, MD</a></p>	<p><a href="#">Regeneration-Ending the Climate Crisis by Paul Hawken</a></p>
				
<p><a href="#">Unreconciled-Family, Truth and Indigenous Resistance by Jesse Wentz</a></p>	<p><a href="#">The 3 Minute Gratitude Journal for Kids</a></p>			