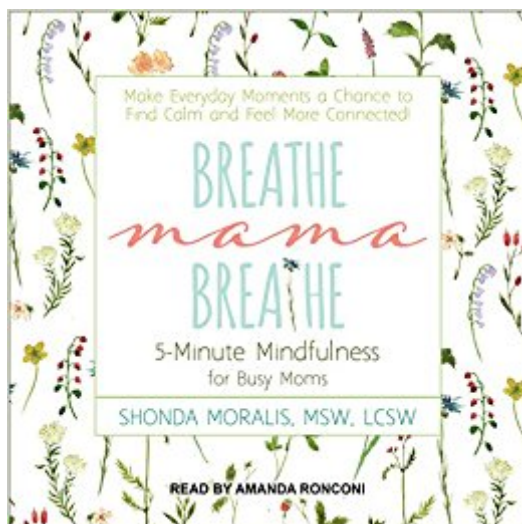


The book was found

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



Synopsis

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

Book Information

Audio CD

Publisher: Tantor Audio; MP3 Una edition (May 16, 2017)

Language: English

ISBN-10: 1541453980

ISBN-13: 978-1541453982

Product Dimensions: 5.3 x 0.6 x 7.4 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,012,280 in Books (See Top 100 in Books) #36 in Books > Books on CD > Parenting & Families > Parenting #65 in Books > Books on CD > Health, Mind & Body > Sexuality #221 in Books > Books on CD > Health, Mind & Body > Meditation

Customer Reviews

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

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

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

be mommy friendly like that!

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

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

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

[Download to continue reading...](#)

Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms Yo Mama Jokes Encyclopedia -The Worlds Funniest Yo Mama Jokes: Yo Mama Jokes, Jokes and Riddles, Humor, Jokes For Kids, Comedy, Best Yo Mama Jokes MAMA: a TRUE story, in which a BABY HIPPO loses his MAMA during a TSUNAMI, but finds a new home, and a new MAMA Best Wok Recipes from Mama Li's Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) 10-Minute Mindfulness: 71 Habits for Living in the Present Moment (Mindfulness Books Series Book 2) Treasuring Christ When Your Hands Are Full: Gospel Meditations for Busy Moms The Six Sided Box: Fast and Easy Cooking: Microwave Cooking Simple Recipes Fresh Ingredients (perfect for busy moms and college students) Dinner Made Easy with Six Sisters' Stuff: Time-Saving Recipes for Busy Moms Yo Mama Jokes from All Around the Block: Just Like Yo Mama, Fool!, Volume 1 The Hoosier Mama Book of Pie: Recipes, Techniques, and Wisdom from the Hoosier Mama Pie Company 151+ Funny Yo Momma Jokes: The Funniest Yo Mama Jokes / Your Mama Jokes Yo Mama Jokes: 201+ Best Yo Momma jokes! (Comedy, Jokes And Riddles, Humour, Jokes For Kids, Yo Mama Jokes) Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance The Learning to Breathe Student Workbook: A Six-Week Mindfulness Program for Adolescents Teach, Breathe, Learn: Mindfulness in and out of the Classroom The Wellness Mama Cookbook: 200 Easy-to-Prepare Recipes and Time-Saving Advice for the Busy Cook How to Sneak More Meditation Into Your Life: A Doable Meditation Plan for Busy People (Yoga for Busy People) Preschooler's Busy Book: 365 Creative Games & Activities

To Occupy 3-6 Year Olds (Busy Books Series)

Contact Us

DMCA

Privacy

FAQ & Help