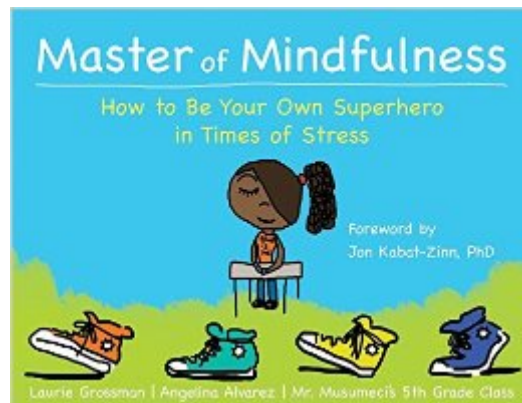


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# Master Of Mindfulness: How To Be Your Own Superhero In Times Of Stress



## Synopsis

Faster than a speeding spitball, more powerful than a playground bully, able to breeze through homework and finish nightly chores in a single bound, it's Master of Mindfulness here to conquer stress, worry, and any trouble that comes your way! Do you ever feel angry, disappointed, or stressed out about family problems, school, bullies, or trouble with friends? If so, mindfulness can help. Master of Mindfulness is a unique and empowering book written for kids by kids, with cool illustrations and tips that show you how to be confident, get focused, stay calm, and tap into your own inner strength so that you can be your own superhero no matter what life throws your way! Childhood is supposed to be a carefree time, but the truth is that all kids have stress especially when dealing with difficulties at school, at home, or with friends. Sometimes things happen in life that are hard, and you can't stop thinking about them or you react too fast. You might be mad, sad, irritated, embarrassed, anxious, jealous, or even disappointed with yourself when things don't go the way you would've hoped. And when you're really upset, it's hard to make good decisions you may end up doing something that you regret later or that gets you into trouble. You could probably use some help and fast! but where can you turn? This book will give you the skills you need to bring up your own superpowers by showing you how mindfulness, like stopping to take a few deep, mindful breaths, can help you calm down and deal with things differently. Written by Laurie Grossman, cofounder of Mindful Schools and director of program development at Inner Explorer, and Mr. Musumeci's fifth grade class at Reach Academy in Oakland, California, Master of Mindfulness presents helpful practices mindful activities proven to make it easier to pay attention, accept yourself and others, manage your anger, and even get to sleep at night. The book features cool, mixed media illustrations with real kids' drawings and stories about how mindfulness can help in different stressful situations. It even covers some of the brain science behind why mindfulness helps kids to feel better, stay in the present moment, be kind, and make good decisions. The book includes easy and fun practices, like mindful breathing, noticing your feelings, paying attention to your body, and mindful eating, as well as links to engaging audio recordings produced by Mr. Musumeci's students. And once you become a master of mindfulness, you can help others by sharing your superpower and teaching them how to do it, too your parents, your teachers, and your friends. When things go wrong, or when you have scary thoughts or strong feelings, you may need help to sort it all out, no matter how old you are. Learning and practicing mindfulness can make it easier to deal with the issues you face every day by showing you how to tap into your own inner strength in times of stress. So, why not use mindfulness and start being your own superhero today?

## Book Information

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Age Range: 5 - 12 years

Grade Level: Kindergarten - 5

## Customer Reviews

I use this book with my 3 year old and 6 year old sons. I paraphrase some pages so they can better understand it but overall they get it. At the end of the day my son (6) is able to tell me ( unprompted) when he should have or could have used mindfulness or his sharkfin during the day. He gets it! I think this book is a great start for kids who need to work on being mindful of the world around them. For my family this was a step in the right direction.

I just loved this book! As a seasoned meditator and a mental health practitioner, I found this book to be extra rich with content and very readable. The children, themselves, reveal themselves to be superheros in their own accounting of how they put mindfulness to practice in the real world. I am struck by the simplicity of the message and the details on how to get there. Love and hope just pours out of the pages. I see this as a must have "how to" manual for everyone - no exceptions!

This is a quality childrenâ <sup>TM</sup>s book with beautiful illustrations. The pictures are artistic and inviting. It has a feel like 'The Hungry Caterpillar' where you want to enjoy and savor every picture. A must have for every library. The Mindfulness message is so well delivered through the eyes of students and empowering for all ages. A treasure and must have for every classroom library. It also makes

an amazing gift for kids, teachers, doctors, nurses, people facing serious health issues or stressful events and anyone else that believes in reaching towards their best self. Dr. Angela Haick, Retired Teacher and School Administrator

Love this!!! Works great for middle school age and high school age kids. I use this in school mental health therapy. I love that it was made by other kids for kids. My kids love that too! I hope more things like this come out in the future. Good buy for therapists.

It's finally here! Finally a book that teaches mindfulness to kids. I am so excited about this book that gives kids the tools they need to skillfully respond to strong emotions and challenging experiences. I wish I would have had this book and learned these skills as I was growing up! It is even more important today, in this fast paced world with our increasing dependence on technology, that our kids become empowered with peaceful means to deal with whatever comes their way. Master of Mindfulness is truly revolutionary and I hope this book becomes available in classrooms across the world and is practiced by children (and adults!) everywhere. My 3 year old grandson has his own iPad. Perhaps the creators next book project can be written for 3-5 year olds??? The younger we learn mindfulness, the more peaceful our world will become. I'm so grateful for Master of Mindfulness. This book is truly a gem that brings more harmony and happiness into all of our lives.

This book is written by a class of fifth graders to be used by other children. I think the idea of teaching and using Mindfulness to children who have difficulty controlling their feelings and actions is a great idea. This book could be used as a tool by CYWs, teachers and even parents. It gives several examples of when Mindfulness is used by the authors, then at the end goes through some exercises that should be used to practise it until you are comfortable with the techniques. The pictures are a combination of photographs and drawings. I think this book would be valuable in all school libraries. I received a copy of this book from Netgalley in exchange for an honest review.

This book masterfully shows how mindfulness can and has helped children navigate through difficult times. The personal examples throughout are quite a testament to the importance of mindfulness training. The children's comments reflect a hopefulness for a world in which people deal with personal and inter-personal problems in much more productive ways, which makes life much more enjoyable for all.

This book is the real deal...totally authentic...the truth •...it is an honest, open-hearted expression of what it takes to really stop, take a moment and respond rather than react to things that are stressful and happening right now, in real time. These kids just tell it like it is and with their words and their beautiful art, they allow us to see how they are learning to come to grips with their humanness and how they have come to appreciate and respect the need to self-regulate. The staff and kids are 100% committed to this venture and that is evident from their honesty, bravery and creativity. I really appreciate how this book is presented, from the bright color schemes, the beautiful self-portraits, and the almost graphic novel-like approach, the book offers compelling examples from young people who are coping with stress by not hurting themselves or anyone else for that matter. Instead, they are willing to be calm, insightful, and kind. Masters of Mindfulness, written by Laurie Grossman, co-founder of Mindful Schools and Director of Program Development at Inner Explorer, and Mr. Musumeci's 5th Grade Class at Reach Academy in Oakland, California, introduces examples of how to be mindful in a straight forward approach, user-friendly manner and since it is written by kids, it is thoroughly believable. This book is a huge success and it belongs in homes, libraries and on every park bench, school desk and bedside table!

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