



Master of Mindfulness: How to Be Your Own Superhero in Times of Stress

Laurie Grossman, Mr. Musumeci's 5th Grade Class

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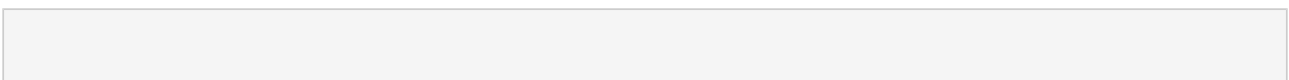
Faster than a speeding spitball, more powerful than a playground bully, able to breeze through homework and finish nightly chores in a single bound, it's *Master of Mindfulness*—here to conquer stress, worry, and any trouble that comes your way!

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?



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Debbie Siegel:

Book is definitely written, printed, or descriptive for everything. You can realize everything you want by a publication. Book has a different type. To be sure that book is important matter to bring us around the world. Beside that you can your reading skill was fluently. A e-book Master of Mindfulness: How to Be Your Own Superhero in Times of Stress will make you to always be smarter. You can feel considerably more confidence if you can know about every thing. But some of you think which open or reading the book make you bored. It is not make you fun. Why they could be thought like that? Have you trying to find best book or ideal book with you?

Robin Almeida:

Reading can called brain hangout, why? Because while you are reading a book specifically book entitled Master of Mindfulness: How to Be Your Own Superhero in Times of Stress your mind will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely might be your mind friends. Imaging each and every word written in a book then become one contact form conclusion and explanation this maybe you never get prior to. The Master of Mindfulness: How to Be Your Own Superhero in Times of Stress giving you a different experience more than blown away your thoughts but also giving you useful data for your better life on this era. So now let us explain to you the relaxing pattern is your body and mind will likely be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

Susan Granger:

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Mary Buss:

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