

Moments To Breathe

God doesn’t pull back from your sharp edges. He pulls you close. In Embraced, beloved Bible teacher and bestselling author Lysa TerKeurst offers 100 devotions that will resonate with women in all stages of life by giving you a godly perspective on the issues you face. Embrace indicates an intimate level of closeness. It’s not a high five or a casual handshake. The best kind of embrace is when someone we know deeply loves us, flings their arms wide open, and pulls us in close. Through these 100 devotions, daily scriptures are equipped to: Begin finding freedom from the struggles that have held you hostage by learning new ways to experience God’s love. Surrender your deepest hurts by processing them in a godly way with Lysa, a friend who understands your pain. Hear the Lord’s heart by learning how to seek His direction. Release the tension of wondering, if God is near why does He sometimes feel far away? by spending guided time with Him each day. Embraced will be a treasured keepsake for you, and a meaningful gift for those you love. A cloth cover you’ll want to leave out for others to see and for easy access Highly designed interior with Scripture, call-outs, and quotes Ribbon marker to keep your place Our hearts were made for this kind of love and security, but for many of us, we know we can’t have both heartbreak and fear than the unconditional love for which we were created. In Embraced, Lysa shares her own struggles, doubts, and heartbreaks while pointing to the ultimate embrace: God opening His arms wide on Calvary through Jesus so that He could love us eternally, welcoming us into the safety and hope of His grace, love, and embrace. Look for additional bestselling books from Lysa TerKeurst: Forgiving What You Can’t Forget It’s Not Supposed to Be This Way Uninvited The Best Yes

Using the popular parable/story format, Three Deep Breaths focuses on three simple, effective practices that busy people can implement with little timeor even with just a few minutes while they are driving to an appointment, commuting to work, or walking to work. An effective antidote to busyness.

When you get the right balance in life you can do amazing things - creating, performing or building a great business. But so often the scales tip and we quickly become overwhelmed, stressed and demotivated. Breathing well is one of the best and simplest techniques to achieve balance and resilience. By using simple techniques, focused breathing can bring the mental clarity, momentum and wellbeing needed to help you move on. Bringing together the latest scientific research and traditional practices including meditation, yoga and Tai Chi, this book ends with a simple but powerful 5 minute exercise to encourage new daily habits -- or to provide instant calm and clarity before a challenging scenario such as a presentation. Do Breathe will give you all the practical wellbeing and well-doing tips and techniques to help you do things - and how you feel while doing them. A handbook for Doers who forget to be. Why not breathe yourself better?

Part of the Mindfulness Moments for Kids series, this mindful meditation moment teaches kids to think like a bunny and find their own focused energy! With Bunny Breaths, kids learn to how to replenish their energy with quick, focused breaths...no matter where it can be performed anywhere: in the backseat of a car, at home, or even at a child’s desk at school. Mindfulness Monest for Kids offer easy-to-follow exercises that kids can use to manage their bodies, breathing, and emotions.

90 Days with the God Who Speaks

5-Minute Mindfulness for Women Who Do It All—Ditch the Stress Without Losing Your Edge

A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between

Three Breaths that Shaped Humanity

Breathe Like a Bear

Caesar’s Last Breath

When Breath Becomes Air

A simple guide to breathwork by a lauded expert that takes you through 25 simple practices for everyday situations, such as de-stressing, managing anger, falling asleep, connecting with others, and more. In How to Breathe, breathwork expert Ashley Neese gives practical guidance for channeling the power of your breath to help you tackle common challenges with mindfulness and serenity. The book first introduces you to the foundations of breathwork, outlining the research-supported benefits of the practice and explaining how the breath relates to emotions and resilience. Neese then offers 25 customized practices that she has created for clients over the last decade. Each practice features an introduction explaining the origin, benefits, and purpose of the breathwork, followed by step-by-step instructions and post-practice notes. With transporting photography and modern design, How to Breathe shows how small exercises can have a huge impact on daily health and happiness.

2020 Chautauqua Prize Finalist 2020 NAACP Image Award Nominee - Outstanding Literary Work (Nonfiction) Best-of Lists: Best Nonfiction Books of 2019 (Kirkus Reviews) · 25 Can't-Miss Books of 2019 (The Undeclared) Explores the terror, grace, and beauty of coming of age as a Black person in contemporary America and what it means to parent our children in a persistently unjust world. Emotionally raw and deeply reflective, Imani Perry issues an unflinching challenge to society to see Black children as deserving of humanity. She admits fear and frustration for her African American sons in a society that is increasingly racist and at times seems irredeemable. However, as a mother, feminist, writer, and intellectual, Perry offers an unfettered expression of love—finding beauty and possibility in life—and she exhorts her children and their peers to find the courage to chart their own paths and find steady footing and inspiration in Black tradition. Perry draws upon the ideas of figures such as James Baldwin, W. E. B. DuBois, Emily Dickinson, Toni Morrison, Ralph Waldo Emerson, and Ida B. Wells. She shares vulnerabilities and insight from her own life and from encounters in places as varied as the West Side of Chicago; Birmingham, Alabama; and New England prep schools. With original art for the cover by Ekua Holmes, Breathe offers a broader meditation on race, gender, and the meaning of a life well lived and is also an unforgettable lesson in Black resistance and resilience.

Part of the Mindfulness Moments for Kids series, this mindful meditation exercise featuring a colorful elephant helps kids feel focused, wherever they are. With Listen Like an Elephant, kids learn to slow down, listen to the world around them, and focus their minds--no matter how messy life becomes. Best of all, the exercise can be performed anywhere: in the backseat of a car, at home, or even at their desk at school. Written by Kira Willey, winner of a Parents' Choice Gold Award, this board book series (also including Breathe Like a Bear and the upcoming Bunny Breaths) is the first of its kind and is the perfect tool to help children and parents develop a fun and consistent mindfulness practice. Adapted from the successful hardcover and paperback editions of Breathe Like a Bear--a collection of mindfulness moments and exercises for kids--this board book is an easy-to-follow exercise kids can use to manage their bodies, breath, and emotions.

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child’s desk at school. Based on Kira Willey’s Parents’ Choice GOLD Award-winning CD, Mindful Moments for Kids, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go.

A Book of Mindfulness Poems

The New Science of a Lost Art

Awaken

25 Breathwork Practices for Connection, Joy, and Resilience

A Letter to My Sons

Breathe, Mama, Breathe

Finding Power and Purpose in a Stressed-Out World

Alphabreaths: The ABCs of Mindful Breathing is a full-color, illustrated board book that teaches mindful breathing and body movement while learning your ABCs.

When the rush of regular life leaves you breathless by day’s end, this collection of everyday stories becomes the place where you can come as you are, and find yourself among friends. Friends who have been there. Friends who’ll lean in close and say, “Me too!” Through our stories the bonds of friendship become as we listen to each other, laugh with each other, and learn from each other. Because we’re better when we’re living this one beautiful life together. With stories from 80 writers, these pages become the very place your soul can exhale, where you can:

- *Connect with the hearts of women through stories that echo your own.*
- *Find beauty in the ordinary and sometimes messy moments of your everyday life.*
- *See your own stories as an offering of hope to those around you.*
- *Treasure the unseen ways God moves through even your most regular days. With 365 readings, each day begins with a passage of Scripture, tells a story of everyday faith, and encourages you to take a moment to breathe with a simple but fun way to complete your day. So kick off your shoes and join us for a relaxing but special time, where friends come together and share the real stuff of everyday faith.*

Today, spend time with God that will fill your spirit with strength. The One Year Daily Moments of Strength will help you experience a deeper and more powerful connection with the Lord each day. Complete with Bible verses, helpful explanations, and practical applications, these short daily devotions, covering a variety of everyday issues, will help strengthen your commitment to faith and your walk with God. Through showing up to meet with God every day, you’ll be inspired to go deeper with him all year long. “Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.” (Isaiah 40:31)

Dr. Belisa Vranich’s ground-breaking second book teaches the science, techniques, and benefits of breathing correctly and efficiently for warriors in all walks of life. People are less in touch with their bodies—and especially their breathing—than ever before. Ironically, athletes and others who pride themselves on taking care of their bodies actually put themselves at greater risk. Why? Because they’re asking their body to take on next-level demands, but failing at life’s most essential skill: efficient breathing. Proper breathing is the world’s most powerful biohack. Learning it will help you feel better, avoid injury, and perform at your very best (including in bed!). Champion gladiators, master martial artists, even spearfishers all had one thing in common: efficient breathing to achieve flawless execution. An elite few still understand: Navy SEALs who need to make the perfect shot, super-elite weightlifters who truly understand how to harness and channel their energy, free-divers who can spend seemingly impossible amounts of time underwater, and high-profile execs who keep calm before multi-billion-dollar presentations. You can learn their secrets. From the corporate athlete to the tactical ninja, Breathing for Warriors is a practical, science-forward book that focuses on everything related to breathing and performance—from muscles and workouts to an impenetrable inner game.

30 Mindful Moments for Kids to Feel Calm Anytime Anywhere

Alphabreaths

Developing A Buddha Brain One Simple Practice at a Time

Breath

Breathing Makes It Better

365 Devotions That Meet You in Your Everyday Mess

The One Year Daily Moments of Strength

You’ve heard the expression, “It’s the little things that count.” Research has shown that little daily practices can change the way your brain works, too. This book offers simple brain-training practices you can do every day to protect against stress, lift your mood, and find greater emotional resilience. Just One Thing is a treasure chest of over fifty practices created specifically to deepen your sense of well-being and unconditional happiness. Just one practice each day can help you: Be good to yourself Enjoy life as it is Build on your strengths Be more effective at home and work Make peace with your emotions

A “Mom Must-Read”—Parents A National Parenting Product Award (NAPPA) Winner Easy-to-follow practices that will help moms find quick, daily opportunities to reset and refocus with mindfulness 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 60 “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 angry teen—can become a mindful mama!

In the affluent town of Weslyn, Connecticut, where most people worry about what to be seen in and who to be seen with, Emma Thomas would rather not be seen at all. She’s more concerned with feigning perfection- pulling down her sleeves to conceal the bruises, not wanting anyone to know how far from perfect her life truly is. Without expecting it, she finds love. It challenges her to recognize her own worth- at the risk of revealing the terrible secret she’s desperate to hide.--From back cover.

A poetic and visually breathtaking look at what happens inside your body when you breathe What happens when you breathe? In this beautiful book, breath—the very air, stardust, the grand molecules of the universe—blossoms in the upside-down tree in your rising chest, animating and enlivening you. And when you breathe out, you send your song out into the world.

Whispers of Rest

Embraced

How to Breathe Underwater

The Wim Hof Method

Mindfulness Moments for Kids: Bunny Breaths

Mindfulness Moments for Kids: Hot Cocoa Calm

A Moment to Breathe

On the heels of the release of the Devotional book comes an interactive devotional experience with the (in)courage community. God meeting you every day in your every day life.

A New York Times notable book and winner of The Northern California Book Award for Best Short Fiction, these nine brave, wise, and spellbinding stories make up this debut. In "When She is Old and I Am Famous" a young woman confronts the inscrutable power of her cousin's beauty. In "Note to Sixth-Grade Self" a band of popular girls exert their social power over an awkward outcast. In "Isabel Fish" fourteen-year-old Maddy learns to scuba dive in order to mend her family after a terrible accident. Alive with the victories, humiliations, and tragedies of youth, How to Breathe Underwater illuminates this powerful territory with striking grace and intelligence. "These stories are without exception clear-eyed, compaassionate and deeply moving.... Even her most bitter characters have a gift, the sharp wit of envy. This, Orringer's first book, is breathtakingly good, truly felt and beautifully delivered."|The Guardian

The world began when God, the Creator of everything said, ∴Let there be light.∴ As the wonder of the world came to life with all its intricate beauty, the most miraculous moment had yet to become reality. That∴s when God breathed into Adam and, with that one breath, shaped humanity. In this thoughtful and inspiring book, Daniel Kooman, the award-winning director of She Has a Name and Dream: Find Your Significance, shares the creation story in a way you have never experienced it before. Breath of Life examines three breaths from God that shaped humanity: The first breath that brought humanity to life; a second breath that redeemed humanity from sin; and a third breath that continues to shape the course of human history as we know it. Original and refreshing, it helps readers rethink something they take for granted every waking moment of the day: the very breath in their lungs.

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child’s desk at school. Based on Kira Willey’s Parents’ Choice GOLD Award-winning CD, Mindful Moments for Kids, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go.

A 365-Day Devotional Journal a 365-Day Devotional Journal

The ABCs of Mindful Breathing

5-Minute Mindfulness for Busy Moms

Inspiration for Men

Mindfulness Moments for Kids: Breathe Like a Bear

Breathe To Succeed

Just Breathe

The Guardian’s Best Science Book of 2017: the fascinating science and history of the air we breathe. It’s invisible. It’s ever-present. Without it, you would die in minutes. And it has an epic story to tell. In Caesar’s Last Breath, New York Times bestselling author Sam Kean takes us on a journey through the periodic table, around the globe, and across time to tell the story of the air we breathe, which, it turns out, is also the story of earth and our existence on it. With every breath, you literally inhale the history of the world. On the ides of March, 44 BC, Julius Caesar died of stab wounds on the Senate floor, but the story of his last breath is still unfolding: in fact, you’re probably inhaling some of it now. Of the sextillions of molecules entering or leaving your lungs at this moment, some might well bear traces of Cleopatra’s perfumes, German mustard gas, particles exhaled by dinosaurs or emitted by atomic bombs, even remnants of stardust from the universe’s creation. Tracing the origins and ingredients of our atmosphere, Kean reveals how the alchemy of air reshaped our continents, steered human progress, powered revolutions, and continues to influence everything we do. Along the way, we’ll swim with radioactive pigs, witness the most important chemical reactions humans have discovered, and join the crowd at the Moulin Rouge for some of the crudest performance art of all time. Lively, witty, and filled with the astounding science of ordinary life, Caesar’s Last Breath illuminates the science stories swirling around us every second.

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.” —Wim Hof Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:
• Breath—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
• Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
• Mindset—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
• Science—How users of this method have redefined what is medically possible in study after study
• Health—True stories and testimonials from people using the method to overcome disease and chronic illness
• Performance—Increase your endurance, improve recovery time, up your mental game, and more
• Wim’s Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph
• Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

Winner of the 2019 Moonbeam Children’s Mind, Body, Spirit Bronze Medal and a 2020 Mom’s Choice Awards® Gold Recipient! An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions. Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

A 2019 YALSA Best Fiction for Young Adults Selection Amelia Bloomer List’s 2019 Top Ten Recommended Feminist Books for Young Readers A Governor General’s Literary Award Finalist A Junior Library Guild Selection A Sheila A. Egoff Children’s Literature Prize Semifinalist A BC Book Prize Finalist “A love letter to girls—bittersweet and full of hope.” —Ibi Zoboi, author of National Book Award Finalist American Street “This is a stellar debut.” —Brandy Colbert, award-winning author of Little & Lion and Pointe “A vibrant, essential story of healing, resilience, and finding one’s family.” —Stephanie Kuehn, author of William C. Morris Award winning Charm & Strange “A raw, beautiful, unforgettable must-read.” —Tiffany D. Jackson, author of Allegedly “Poetic.” —Angela Johnson, award-winning author of Heaven “A powerful, poignant story about refusing to let the past dictate who you are or who you will become.” —Kirkus Reviews “This is a well-written, thought-provoking book that tackles difficult topics...a stirring debut.” —School Library Journal (starred review) Sixteen-year-old Indy struggles to conceal her pregnancy while searching for a place to belong in this stunning debut novel that’s perfect for fans of Amber Smith and Sara Zarr. Indira Ferguson has done her best to live by her Grandma’s rules—study hard in school, be respectful, and never let a boy take advantage of her. But it hasn’t always been easy, especially living in her mother’s shadow. When Indy is sent to stay in Nassau, trouble follows her and

she must hide an unwanted pregnancy from her aunt, who would rather throw Indy out onto the street than see the truth. Completely broke with only a hand-me-down pregnancy book as a resource, Indy desperately looks for a safe space to call home. After stumbling upon a yoga retreat, she wonders if she's found that place. But Indy is about to discover that home is much bigger than just four walls and a roof—it's about the people she chooses to share it with.

A Novel
 Breathe
 Breathe and Be
 Breath of Life
 A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance
 Mindfulness Moments for Kids: Listen Like an Elephant
 Listen Like an Elephant

Take five for mindfulness: Say no to burnout, and yes to balance! For so many women, “work–life balance” is a myth. And when you’re already juggling a career, personal life, and family—plus your side projects, a smidgen of self-care, and the occasional need to sleep—“mindfulness” can sound like just another thing to do. But if you take five minutes for mindfulness now and then, it may not only save your sanity—but also springboard your success. Let psychotherapist Shonda Moralis coach you through fifty “mindful breaks” ingeniously tied to your hectic schedule: Breathe mindful breaks promote calm and awareness through meditation, starting with “Coffee” (page 39) Empower mindful breaks bolster your self-confidence—say, to “Unmute Yourself” during a meeting (page 149) Achieve mindful breaks help you set and conquer goals . . . for example, by asking: “Why Not Me?” (page 240) If you think you don’t have time for mindfulness, this book is definitely for you.

Part of the Mindfulness Moments for Kids series, this mindful meditation exercise featuring a sweet bear cub helps kids feel calm, wherever they are. With this board book, kids will learn to control their breathing and soothe themselves slowly to sleep, just like a bear in hibernation! Best of all, it can be performed anywhere: in the backseat of a car, at home, or even at a child’s desk at school. Based on Kira Willey’s Parents’ Choice GOLD Award-winning writing, this board book series (Listen like an Elephant and the upcoming Bunny Breaths) is the first of its kind and is the perfect tool to help children and parents develop a fun and consistent mindfulness practice. Adapted from the successful Breathe like a Bear hardcover/trade paperback--a collection of mindful moments an exercises for kids--this board book is an easy-to-follow breathing exercise kids can use to manage their bodies, breath, and emotions.

Hailed by Tony Robbins as the “definitive breathwork handbook,” Just Breathe will teach you how to harness your breath to reduce stress, increase productivity, balance your health, and find the path to spiritual awakening. Big meeting jitters? Anxiety over a test or taxes? Hard time focusing? What if you could control your outcomes and change results simply by regulating your breath? In this simple and revolutionary guide, world-renowned pioneer of breathwork Dan Brulé shares the Breath Mastery technique that has helped people in more than fifty countries reduce anxiety, improve their health, and tap infinite stores of energy. Just Breathe reveals the truth that elite athletes, champion martial artists, Navy SEAL warriors, first responders, and spiritual yogis have always known—when you regulate your breathing, you can moderate your state of well-being. So if you want to clear and calm your mind and spark peak performance, the secret is just a breath away. Breathwork gives you the tools to achieve benefits in a wide range of issues including: managing acute/chronic pain; helping with insomnia, weight loss, attention deficit, anxiety, depression, trauma, and grief; improving intuition, creativity, mindfulness, self-esteem, and leadership; and much more. Recommended “for those who wish to destress naturally” (Library Journal), Just Breathe will help you utilize your breath to benefit your body, mind, and spirit.

I breathe slowly in, I breathe slowly out. My breath is a river of peace. I am here in the world. Each moment I can breathe and be. Hear thunder crash, feel your toes touch sand, and watch leaves drift softly away on a quiet stream. The simple poems in Breathe and Be help children learn mindfulness as they connect to the beauty of the natural world. Mindfulness teaches us how to stay calm, soothe our emotions, and appreciate the world around us. Whether we’re watching tiny colored fish darting in the water or exploring the leaves, branches, and roots of a towering tree, the thoughtful words and the lovely art of Breathe and Be remind us how much joy we can find by simply living with awareness and inner peace. Ages 4–8

Activate Your Full Human Potential
 Calm Your Mind. Find Focus. Get Stuff Done
 Three Deep Breaths
 100 Devotions to Know God Is Holding You Close

Breathing for Warriors
 Master Your Breath to Unlock More Strength, Greater Endurance, Sharper Precision, Faster Recovery, and an Unshakable Inner Game
 A Moment to Breathe a Moment to Breathe

Part of the Mindfulness Moments for Kids series, this mindful meditation exercise featuring a sweet bear cub helps kids feel calm, wherever they are. With this board book, kids will learn to control their breathing and soothe themselves slowly to sleep, just like a bear in hibernation! Best of all, it can be performed anywhere: in the backseat of a car, at home, or even at a child’s desk at school. Based on Kira Willey’s Parents’ Choice GOLD Award-winning writing, this board book series (Listen like an Elephant and the upcoming Bunny Breaths) is the first of its kind and is the perfect tool to help children and parents develop a fun and consistent mindfulness practice. Adapted from the successful Breathe like a Bear hardcover/trade paperback--a collection of mindful moments and exercises for kids--this board book is an easy-to-follow breathing exercise kids can use to manage their bodies, breath, and emotions.

International bestselling author Dr. Danny Penman provides a concise guide to letting go, finding peace, and practicing mindfulness in a messy world, simply by taking the time to breathe. With these simple exercises he teaches you how to dissolve anxiety, stress, and unhappiness, enhance your mind, and unleash your creativity. You will start to smile more, worry less, and with each little moment of mindfulness, discover a happier, calmer you. It really is as easy as breathing. All you need is a chair, a body, some air, and your mind. That’s it!

A fully revised and updated second edition, including new research and skills in the areas of trauma and compassion Disruptive behavior in the classroom, poor academic performance, and out-of-control emotions: if you work with adolescents, you are well-aware of the challenges this age group presents, as well as how much time can be lost on your lessons while dealing with this behavior. What if there was a way to calm these students down and arm them with the mindfulness skills needed to really excel in school and life? Written by mindfulness expert and licensed clinical psychologist Patricia C. Broderick, Learning to Breathe is a secular program that tailors the teaching of mindfulness to the developmental needs of adolescents to help them understand their thoughts and feelings and manage distressing emotions. Students will be empowered by learning important mindfulness meditation skills that help them improve emotion regulation, reduce stress, improve overall performance, and, perhaps most importantly, develop their attention. Since its publication nearly a decade ago, the L2B program has transformed classrooms across the US, and has received praise from educators, parents, and mental health professionals alike. This fully revised and updated second edition offers the same powerful mindfulness interventions, and includes compelling new research and skills in the areas of trauma and compassion. The book integrates certain themes of mindfulness-based stress reduction (MBSR), developed by Jon Kabat-Zinn, into a program that is shorter, more accessible to students, and compatible with school curricula. This easy-to-use manual is designed to be used by teachers, but can also be used by any mental health provider teaching adolescents emotion regulation, stress reduction and mindfulness skills. The book is structured around six themes built upon the acronym BREATHE, and each theme has a core message: Body, Reflection, Emotions, Attention, Tenderness, and Healthy Mind Habits, and Empowerment. Learning to Breathe is the perfect tool for empowering students as they grapple with the psychological tasks of adolescence. Make this new edition a part of your professional library today!

When the rush of regular life leaves you breathless by day’s end, this collection of everyday stories becomes the place where you can come as you are, and find yourself among friends. Friends who have been there. Friends who’ll lean in close and say, “Me too!” Through our stories the bonds of friendship deepen as we listen to each other, laugh with each other, and learn from each other. Because we’re better when we’re living this one beautiful life together. With stories from 80 writers, these pages become the very place your soul can exhale, where you can: · Connect with the hearts of women through stories that echo your own.· Find beauty in the ordinary and sometimes messy moments of your everyday life.· See your own stories as an offering of hope to those around you.· Treasure the unseen ways God moves through even your most regular days. With 365 readings, each day begins with a passage of Scripture, tells a story of everyday faith, and encourages you to take a moment to breathe with a simple but fun way to complete your day. So kick off your shoes and join us for a relaxing but special time, where friends come together and share the real stuff of everyday faith.

Mastering Breathwork
 Reason to Breathe
 Breathe, Empower, Achieve
 When You Breathe
 Just One Thing
 Learning to Breathe

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR “A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we’ve all been doing it wrong for a long, long time.” --Elizabeth Gilbert, author of Big Magic and Eat Pray Love No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you’re not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren’t found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, Breath turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

*A Moment to Breathe365 Devotions That Meet You in Your Everyday MessB&H Books
 The choice of a devotional book is more personal than most. This kind of reading is not merely for the purpose of leisure and enjoyment. No, with this kind of resource you’re expecting and praying for something more. You want to hear from God, receive His direction, and be refreshed in the depths of your soul. Only God’s Word can do that. So you need to choose wisely. With her first devotional book, Priscilla Shirer makes your choice easy. For even though she’s written multiple best-selling books and Bible studies, including the 2016 ECPA “Christian Book of the Year” (Fervent), even though she regularly speaks to thousands at conference venues and churches around the world, even though she was the lead actress in a #1 box-office feature film (War Room) . . . It all starts for Priscilla where it all starts for you. Alone with God. Alone with His Word. Eager to hear His voice. Prepared to humbly and obediently respond. She hopes, more than anything else, that the daily insights you receive in these pages will challenge, encourage, and strengthen you in every way. These ninety devotions from the heart of a mom, wife, encourager, and friend will Awaken you each day with fresh insights gleaned from the Spirit of God. Ready to help you mine the treasures of Scripture and fortify you for the day ahead. This devotional is . . . a good choice.*

“Science has validated the power of breathing and mindfulness to enhance our well-being. Sandy Abrams’ advice is a simple but incredibly effective way to make mindfulness a part of your life and help you thrive in our always-on world.” --Arianna Huffington, Founder & CEO, Thrive Global Technology has revolutionized the business sector. Whether you’re an entrepreneur, employee, CEO, or executive, you’re likely feeling the effects of less humanity and more technology. Our minds are distracted, our attention spans are shortened, we want everything on demand, in boxes are never empty, our energy is frequently negative, we’re addicted to social media, and we’re sleep deprived. This cannot be the new normal. Breath is the antidote! Breathe to Succeed shares the transformative power of breath in business. Even just three deep breaths at key moments can be nothing short of miraculous. With Abrams’s fast, simple, and effective breathing techniques, you’ll become more mindful and engaged and experience better moods, a calmer perspective, and positive energy that will translate to next-level productivity, creativity, and clarity. Breathe to Succeed will teach you how to: Utilize a variety of simple breath techniques to access your optimal energy and manage your emotions in the moment. Become self-aware of your negative thought patterns/behavior and rewire your brain with positive new habits. Activate the power of your mind to breathe through challenges, make better decisions, and reach goals effortlessly.

Increase Workplace Productivity, Creativity, and Clarity through the Power of Mindfulness

40 Days of God’s Love to Revitalize Your Soul

How to Breathe
 Do Breathe
 The Secret to Living Mindfully

*30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere
 The Art of Breathing*

Life is noisy. But what would happen if every day - for the next 40 days - you soaked in God’s love as He intimately whispered words of rest just for you? Whispers of Rest is a 40-day devotional detox for your soul, a spiritual journey to refresh you and guide you to greater peace, while helping you discover who God truly made you to be: His beloved. Renew your spirit with powerful affirmations of God’s love with uplifting words of Scripture, journaling prompts for reflection, and practical challenges to spark joy. Bonnie will lead you to places of rest, where you can deeply experience the Savior’s presence in your everyday life. This beautiful guidebook will create space for your soul to breathe: Soul Care Tips & Trail Notes - Reduce stress and nurture your body and spirit. Daily Beloved Challenges - Brighten your day by taking simple soul care actions. A Simple Prayer Practice - Deepen your intimacy with God through easy-to-enjoy prayer prompts, inspired by classic devotional practices. A lot can happen in 40 days. A new rhythm. A new heart. A renewed faith. Transform your life as you take the journey to say yes to God, embrace your true identity, rediscover your dreams, and begin your healing. Dare to enjoy each day fully and celebrate your calling as the beloved.

A NOVEL OF LOVE AND LOSS FROM BESTSELLING AND PRIZEWINNING AUTHOR JOYCE CAROL OATES Amid a starkly beautiful but uncanny landscape in New Mexico, a married couple from Cambridge, MA takes residency at a distinguished academic institute. When the husband is stricken with a mysterious illness, misdiagnosed at first, their lives are uprooted and husband and wife each embarks upon a nightmare journey. At thirty-seven, Michaela faces the terrifying prospect of widowhood - and the loss of Gerard, whose identity has greatly shaped her own. In vividly depicted scenes of escalating suspense, Michaela cares desperately for Gerard in his final days as she comes to realize that her love for her husband, however fierce and selfless, is not enough to save him and that his death is beyond her comprehension. A love that refuses to be surrendered at death—is this the blessing of a unique married love, or a curse that must be exorcized? Part intimately detailed love story, part horror story rooted in real life, BREATHE is an exploration of hauntedness rooted in the domesticity of marital love, as well as our determination both to be faithful to the beloved and to survive the trauma of loss.

#1 NEW YORK TIMES BESTSELLER • PULITZER PRIZE FINALIST • This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question What makes a life worth living? NAMED ONE OF PASTE’S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • People • NPR • The Washington Post • Slate • Harper’s Bazaar • Time Out New York • Publishers Weekly • BookPage Finalist for the PEN Center USA Literary Award in Creative Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade’s worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When Breath Becomes Air chronicles Kalanithi’s transformation from a naïve medical student “possessed,” as he wrote, “by the question of what, given that all organisms die, makes a virtuous and meaningful life” into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. “I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything,” he wrote. “Seven words from Samuel Beckett began to repeat in my head: ‘I can’t go on. I’ll go on.’” When Breath Becomes Air is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

Part of the Mindfulness Moments for Kids series, this mindful breathing moment teaches kids to find peace and calm. With Hot Cocoa Calm, kids learn to how to take control of their emotions and breathe their way to calm. The perfect soothing read for bedtime before the winter holidays, this board book celebrates the peacefulness of the season. Best of all, it can be performed anywhere: in the backseat of a car, at home, or even at a child’s desk at school. Mindfulness Moments for Kids offer easy-to-follow exercises that kids can use to manage their bodies, breathing, and emotions.

Decoding the Secrets of the Air Around Us