

A decorative border of colorful, stylized flowers and leaves in shades of green, yellow, orange, and black, framing the central text.

Make Everyday Moments  
a Chance to Find Calm  
and Feel More Connected!

BREATHE

mama

BREATHE

5-Minute  
**Mindfulness**  
for Busy Moms

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## Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms



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A "Mom Must-Read" Parents Give your self a mindful-mommy high five s): s end and then start again the next morning hours. In Breathe, Mama, Breathe, psychotherapist Shonda Moralis outlines the benefits of daily meditation and displays moms how to do it that will help moms tune to their own well-being (along with everyone else' Plus, she shares over 60 "mindful breaks" in just five minutes! Moms can feel like they are sprinting through existence, crashing onto the pillow at day' Eat a mindful breakfast because moms may use positive reinforcement, too. Cuddle your son or daughter and take three deep breaths jointly. A National Parenting Product Award (NAPPA) Winner Easy-to-follow practices that can help moms look for quick, daily possibilities to reset and refocus with mindfulness with no phone, TV, or newspaper! whether caring for a fresh baby, an overscheduled grade-schooler, or an angsty teen Every mom may become a mindful mama!



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Deeply in love with this book!!! Personally i think calmer already I am currently loving this book! Mom lifestyle is hard but therefore rewarding! Couslers/therapist keep recommending simple mindness for everyone and I've seen it on several tv shows also!! I would recommend to Mamas our there. I also like these little quotes (in blue) which are included on some of the pages. Actually gets you thinking deeper :) Amazing Simple mindness and needed for all moms! I ordered this reserve quickly after having my daughter, it sat around for a couple months and once We picked it up and began to dive in We realized this is exactly what We needed! (Halfway joking) Seeiously though, it's crazy how I already felt calm the initial day time I practiced meditating and began reading this publication. This helps you find how to simply decelerate in a moment within the easiest tasks we do already everyday! Go through!. you name it! practice in a nutshell bursts -- the complete book was created to end up being mommy friendly like this! I would highly recommend to Mamas our there Loving this book up to now.. It's a even read and i really like the layout of this book. You have to read this reserve! It's an easy one to go through and one you don't need to really think about! Have been reading this non stop since I've recieved this and it's spot on!!Coffee, to-do list, brushing teeth! I use clients doing a lot of mindfulness and DBT/CBT exercises and sometimes forget myself as a busy mom of two to occasionally remember to myself. personal developoment book I absolutely love everything about this publication.. I'm a occupied Momma of two littles and this book is helping me figure out how to breathe and stay relaxed. This is an awesome book for helping anyone with practicing mindfulness in their every day life. I am a little disappointed in that I actually am still reading the publication now, but I'll say a few of the web pages are falling out in clumps. Also a great book for you to definitely find out about mindfulness. I am just a little disappointed in that. Awesome This is an excellent book. It has helped me slow down and be present in little things that I would have ignored or not really noticed. And it has helped me be more thankful and individual as a result. Thank you! Love the fact that I can choose it up and .. Shonda was ideal in reminding us how so when to give us just five minutes to ourselves. Love the actual fact that I can choose it up and read & Highly recommend! This is an incredible book for helping a person with practicing mindfulness in their . It appears like the author wrote it for me. I can certainly relate with everything she mentions and it can help keep me calm. Why pay gobs of cash on counseling when you're able to get this book? Perfect read! Love! Helpful tips to get those moments of relaxed through the entire busy daily life just what I needed mainly because I figure out how to balance parenthood. Strategies for simple mindfulness, slowing down and being present in the moment great read! great read! great gift gifted this to my sister meant for Mother's Day time & she enjoys the little items of mindfulness she can fit into her busy schedule! Three Stars This book is merely okay.



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