

Mindful Awareness Books for Educators & Parents

Child's Mind: Mindfulness Practices to help our Children be more Focused, Calm, & Relaxed by Christopher Willard

Everybody Present: Mindfulness in Education by Nikolaj Rotne, Didde Flor Rotne

Everywhere Else (An Instant Help Book for Teens) by Christopher Willard, PsyD

Master of Mindfulness: How to Be Your Own Superhero in Times of Stress by Laurie Grossman, Angelina Alvarez & Mr. Musumeci's 5th grade class

The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being by Daniel Siegel

The Mindful Child: How to Help your Kid Manage Stress and Become Happier, Kinder and More Compassionate by Susan Kaiser-Greenland

A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture an American Spirit by Congressman Tim Ryan

The Mindful School Leader: Practices to Transform Your Leadership and School by Valerie Brown and Kirsten Olson

Mindful Teaching and Teaching Mindfulness by Deborah Schoeberlein

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Mindsight: The New Science of Personal Transformation by Dan Siegel

A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions by Amy Saltzman, MD (Author), Saki Santorelli, EdD MA (Foreword)

The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress by Gina Biegel, MA LMFT