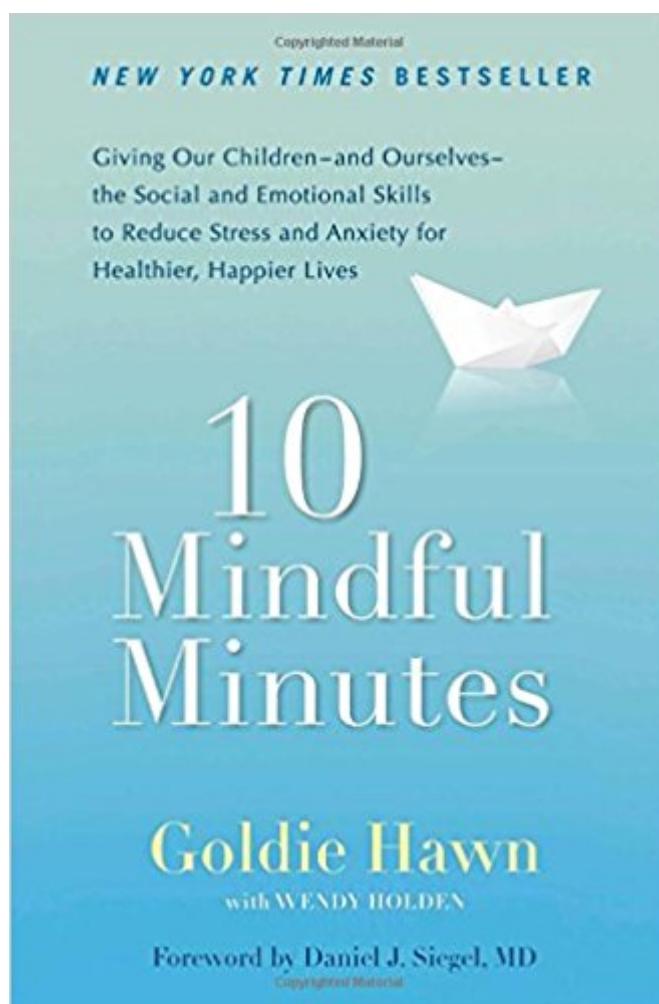


The book was found

# 10 Mindful Minutes: Giving Our Children--and Ourselves--the Social And Emotional Skills To Reduce Stress And Anxiety For Healthier, Happy Lives





## Synopsis

Teaching Our Children to Help Themselves Be Happy Practical, timely, relevant, and inspiring, 10 Mindful Minutes is Goldie Hawn's gift to parents who want to help their children learn better and live happier lives. Inspired by the revolutionary MindUP program (developed under the auspices of the Hawn Foundation), the book offers easy-to-grasp insights from current behavioral, psychological, and neurological studies to show how our thoughts, emotions, and actions—including our ability to focus, manage stress, and learn—are all exquisitely interconnected. Hawn presents simple and practical ways to develop mindfulness in children and parents alike, and shares her own heartfelt experiences with the challenges and joys of parenting.

## Book Information

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## Customer Reviews

"Hawn's gentle, heartfelt approach to mothering and her mission to help children develop happier, healthier lives will be both useful and inspiring for parents." — Publishers Weekly "Goldie Hawn embodies delight and joy, and 10 Mindful Minutes radiates these. Her book can help any adult parent, grandparent, teacher make double use of their moments with the children they love and have a terrific time while helping shape that child's brain for a lifetime of resilience and happiness." — Daniel Goleman, author of *Emotional Intelligence* "An excellent guide that offers simple, effective ways for stressed parents to create calmer, kinder, happier families." — Deirdre Donahue, USA Today "This is a remarkable book. It is full of wisdom for us all—parents and other caregivers—inviting us to taste mindfulness for ourselves." — Mark Williams,

director of the University of Oxford Mindfulness Centre and autho

Goldie Hawn is the founder of the Hawn Foundation, as well as an international children's advocate and enthusiastic campaigner for the mindful celebration of life. An Academy Award-winning actress, producer, and director, she is also a mother and grandmother.

I enjoyed reading this book a lot because it brings awareness to your children's feelings and I think puts a lot of things in child terms. It's important for kids to understand things about their brain or development and the games really break it down for parents and put them into a child's point of view. I really enjoyed this book and like it says at the end this is just the beginning of the journey.

I first checked this book out from the library as an audiobook and didn't even realize that it was Goldie Hawn until she started talking. So, I admit to being a little skeptical at first... But we started putting some of the ideas into practice and yes, small steps, but they have made a difference for my child and myself. I've since recommended it to many other folk I know, esp. if they work with children. I thought the research was sound and the exercises were well thought out. It certainly helped me to remember to be present in the moment and to surround my kids with love, even in those moments when you just are so mad.

Seriously, parents, kids and THE WORLD would be so much more successful if you had to show up at the hospital with BOTH your car seat properly installed and this book..read! As a grandparent of 5, this is one of the most useful books I have ever read on parenting and quality of life. I also use its information in my practice as an occupational therapist, coaching my patients through whatever medical trauma they are dealing with. What a gift. Thank you. (And thank you Ms. Hawn for making me laugh since childhood!)

I can't say enough about this book without writing another book in this box... Easy to read and understand with lots of examples to help you learn to be mindful and teach children how their brain works and foster the calm in such a chaotic world. Tattered & torn, highlighted and toted around with this Mom for months, I recommend it to any parent or caregiver to help boost awareness of staying connected within yourself and your children.

I had always wondered why we as humans never prioritized teaching our children respect,

compassion, and tolerance as the moral way to live our lives. Not surprisingly my idea of "moral logic" or living mindfully did not happen either in most homes or in the schools where it is sorely needed to provide a positive atmosphere for learning until the mind up program was introduced proving that teaching our children to live mindfully retrains the brain and teaches basic secular human values that enhance our experience emotionally, socially and intellectually.

I discovered and purchased this book to help my grand-nephew. His happiness meter has dropped dramatically over the last year. I also knew that I would have to work on my own happiness meter. I have been a rather cranky person, be it baggage I picked up along the way, self esteem or whatever. I thought I was destined to continue to berate myself and not let go of bad memories. Goldie Hawn has provided me with tools to retrain my brain and its responses. I started reading this book the day I received it. Within the first 10 pages I began to awaken to a new attitude and appreciation for what is around me. I am becoming more present in my life. It takes work, just reading this book is not a magic pill, but I am developing the skill through the exercises to increase the happiness and appreciation in my life. My grand-nephew is 4 and he gets it. "At the moment of commitment, the universe conspires to assist you."

I like it: I think that ideas presented in this book are important, simple and useful. Me and my daughter are trying to use it in our life. I think that Goldie and her friends made a very important and useful work. I already bought this Audio book to some of my friends who are in stress and has problems with children.

Love the Mind-Up curriculum that we use in my schools and this is a great read for parents, or for professionals looking for recommendations for parents. It's also a great introduction to Mindfulness. Great book written in an easy-to-understand style

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