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The High Achiever's Guide

150 quick and easy self-care activities especially for busy moms—perfect for even the most chaotic schedule. As a mom, you care—a lot. Whether it be physical, emotional, social, or practical, you're there to attend to all of your family's needs. But with so much to take care of, it can be hard to find time to care of yourself. With *Self-Care for Moms*, you'll learn how easy it is to incorporate self-care into your own routine in practical, yet meaningful, ways. In this book, you'll find 150 realistic self-care activities that you can try right away. To help busy moms like you maximize any moment you can find for yourself, each activity is designed to fit easily within a set short time frame. For example: 5 minutes: Call a friend; Listen to a favorite song; Light a candle 15 minutes: Soak your feet; Read a chapter in a book; Enjoy a leisurely cup of tea 30 minutes: Give yourself a facial; Plan for a vacation; Go for a walk 1 hour: Meet a friend for lunch; Go for a manicure; Attend a workout class You'll also find ideas for activities that span larger amounts of time for inspiration and motivation to take some much-needed and well-earned extra time for yourself. There's even a few aspirational activities, such as trips or projects, that last a day—or more—with a realistic plan for how to organize and coordinate your schedule to accommodate the occasional—but very important—extended time to focus on yourself. Start taking time for you—it's easier than you think and besides, you deserve it!

Miracles Now

Get powerful tools to nurture and replenish your body and mind in *The Empowered Mama* Moms who work are trying to juggle the roles of wife, mother, and homemaker while also being professional, competent businesswomen. They never feel they get enough done, but they rarely acknowledge that they are wife, mother, lover, friend, cook, nurse, housekeeper, businessperson, driver, volunteer, dog walker, and more. Many moms feel like they can't take time to replenish their bodies or minds. There's just not enough time and it seems selfish to take time when families and work still demand more. *The Empowered Mama* is a practical and interactive workbook full of simple, powerful tools to help moms reconnect with themselves on the journey through motherhood. Author Lisa Druxman uplifts, inspires, and takes moms on a

journey not just to rediscover themselves but to fall in love with motherhood again. Whether you are a working mom or a stay-at-home mom, this book will add balance to your life. This book focuses on all the other parts of a mom's life - relationships at work, tackling built-up stressors, cleaning up one's diet, even going green and being more mindful about the environment - with the intuitive understanding that getting the rest of your life in order will only reap huge dividends for your family. Since there will never be more hours in the day, The Empowered Mama will help you maximize the hours you do have to accomplish what matters most.

And She Said Breathe

Be Authentic and Aligned in Your Life “It's never too late to pursue your dreams. Maki Moussavi guides us to take action and commit to the vision we have for our lives.” ?Robin Farmanfarman, CEO & cofounder of Applied Reality Overlays Are you successful but feeling stuck, restless or unfulfilled? Does your life look great on paper, but it's just not enough? You're making money, have a career and lifestyle that you thought you always wanted, but now you're there and it's not all you expected it to be. The High Achiever's Guide shows you how to get that out of that rut, find your purpose, and get that something more that you are searching for. You have more power than you think. You have the power to rewrite the way you think and operate so that you can pursue what matters most. In this book you will get the tools, techniques and encouragement needed to create a meaningful life that you love. The High Achiever's Guide can help you: Discover what isn't working in your life and define what you truly want Rewrite your mental programming with intention Go after what you want with confidence Update your mindset model from traditional success to deeply personal fulfillment Experience authentic happiness From one high achiever to another. Maki Moussavi knows firsthand how it feels to be stuck in the rut of conventional success. A former corporate career professional, Moussavi's early life was filled with messages of working hard, chasing the dream, and making money. After creating the “success” that she'd been taught to value, she found herself questioning how she ended up feeling stuck, restless and unfulfilled. Through a journey of self-examination, she learned how to find her purpose and experience authentic happiness. Readers of books such as Authentic Happiness, The Motivation Manifesto, or The Big Leap, will love The High Achiever's Guide.

I Choose Calm

Take some time out from the chaos with Izzy Judd's calming and soothing exercises for maintaining a happy and peaceful mind 'Delightful. Provides simple, easy and fun activities for both parents and children of all ages to restore calm and peace' MAIL ON SUNDAY _____ Being a mum is often anything but mindful. Having suffered from anxiety for much of her life, Izzy Judd has brought together a brilliant and inspiring collection of simple activities and exercises to help parents find their own piece of calm. Included are exercises both for you to do alone and with your children of all ages, giving them their own tools to help remain happy and peaceful too. Inside you'll discover: · Ways of bringing mindfulness to your day · Your own self-care routine · Breathing exercises to do with children · How to prepare for a good night's sleep · One-minute mindfulness Izzy Judd's beautiful and practical book will hold your hand through the challenging and exhausting days as well as the exciting and happy days. Most importantly, it will help you to create special memories for you to share with your children.

Mindfulness for Mums

"A funny memoir of Faith Club coauthor's serious attempt to change her brain from panic to peace in a year-long spiritual quest"--

Into Nature

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 angsty teen—can become a mindful mama!

Lifespan

Let this book help you find peace with the challenges that surround you. Because they are f*cking everywhere. We all have an inner voice. Sometimes it's just not quite as serene as we'd like. Based on the viral video that had everyone from yogis to workaholics raving, *F*ck That* is the completely truthful and oddly tranquil guide to achieving your inner peace. From the Hardcover edition.

The Happiest Mommy You Know

The next 60 seconds can change your life, for good or bad, and it's all about how you live them. This ground-breaking book shows how mindfulness, being present in each moment, will transform your life for the better.

The Little Book of Support for New Moms

Only Love Today is the inspirational read from best-selling author of *Hands Free Mama*, Rachel Macy Stafford. Millions of Stafford's fans from her blog and her books find hope, challenge, and inspiration through her poetic and powerful short pieces on her blog. Only Love Today brings these pieces and many new, original entries together in a beautiful book based around the four seasons. From finding daily surrender in the autumn and daily hope in the winter, to daily bloom and daily spark in the spring and summer, you will always find fresh beautiful words for your day. With a flexible, non-dated structure, Only Love Today is perfect to pick up at any time of the year and find hope and encouragement to address your current challenge or need – family, parenting, relationships, finding peace in a stressed out world. Stafford

offers you strength and vision for a new and more connected way to live. This is a timeless book of inspiration to remember and live for what really matters.

Pocket Book of Hospital Care for Children

A survival guide to the emotional and physical roller coaster of becoming a new mom

Breathe Slower, Deeper, Better

Go beyond forest bathing with 70 mindful ways to unleash your creativity and reconnect with nature Squeezing mindfulness into every day may seem impossible—but it only takes a few moments to go Into Nature. This collection of mindful activities unleashes creativity while helping you engage with your natural surroundings—in a park, in the garden, and even from indoors. From the founders of The Mindfulness Project, here are life-affirming ways to help readers maximize the benefits of being in nature, which has been proven to increase happiness and cultivate calm. Sketch, explore, and record observations as you . . . Notice how your senses shape your experience of nature Draw a landscape, cut it out, and hang it up Color in trees, animals, and flowers to discover their unique qualities Find nature at work, at home, and all around you Follow a bee, a beetle, or a butterfly Retreat from daily chaos and cultivate calm Explore, record, and observe your way to happiness! This book inspires readers to explore the natural world with greater curiosity and find moments of mindfulness in everyday life.

The Empowered Mama

Let's be real for a sec. Most of us don't have time for an hour of yoga or 30 minutes of meditation every day. We're overwhelmed as it is. Our spiritual practice shouldn't add to that. That's why I've handpicked 108 simple techniques to combat our most common problems—stress, burnout, frustration, jealousy, resentment. The stuff we have to deal with on a daily basis. This book is designed so that you can achieve peace and experience miracles now. Inspired by some of the greatest spiritual teachings, these practical, moment-to-moment tools will help you eliminate blocks and live with more ease. They're powerful, life-changing meditations and principles, modernized and broken down into easy-to-digest techniques to fit your lifestyle. Throughout the book, I share principles from both A Course in Miracles and Kundalini yoga and meditation. These tools can help you find your connection to your inner strength. When you practice these techniques, fear will melt away, inspiration will spring up, and a sense of peace will set in.

My Big Wimmelbook—Christmas Village

Super Busy Mom Inspirational Quotes Journal & Notebook (Busy Mom & Mother Appreciation Gifts) This Inspirational Quote Notebook and Journal is the perfect Busy Mom Appreciation Gift. Over 100 Mom inspiration, motivation & funny quotes on every page. The cover is an

inspirational busy mom quote. The pages are lightly lined; perfect for planning, to do lists, lists, ideas, and thoughts. Give a gift that is thoughtful and useful! Features: High quality matte cover Portable size: 6x9 inches, 100 pages Inspirational quotes scattered throughout the journal.

Less Is More

A much-needed voice of encouragement for every woman who had a baby and lost her mind Sometimes, motherhood feels never-ending. A child is born, chaos ensues, and it seems like life will never return to normal. In *You Are a F*cking Awesome Mom*, award-winning journalist and Instagram star Leslie Anne Bruce acknowledges that, yes, motherhood is a total mind f*ck-but then she offers the self-empowerment lessons new mothers need to get through the psychic upheaval and emerge stronger than ever. After childbirth, a woman's body, her relationships, and her very sense of self are tested like never before. Bruce encourages readers to look past the sugarcoated truisms about the miracles of child-rearing in order to embrace the real joys of motherhood, spit-up stains and all. Loaded with unfettered support from a mom who has been through it all, *You Are a F*cking Awesome Mom* offers a lifeline of encouragement, inspiration, and community for the new mama who got a baby, lost her mind, and desperately wants to find herself again.

Breathe

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.

Confessions of a Domestic Failure

This beautiful book, including a sleek, modern design and full-color photographs, is filled with a raft of practical tips and ideas to help the reader find happiness and contentment through simplifying different aspects of their lifestyle. Discover the art of finding more through having less: more time, more calm, more energy, more money, more you. Filled with practical tips and ideas, this book will guide you toward a

simpler way of life. Learn how to reduce your clutter and your stress levels, find advice on mastering your schedule and making time for what matters, and enrich your everyday by putting quality before quantity. From time to time, we all get lost in the flurry of a busy life, but we can always uncover a path back to our best and happiest selves. All you need is focus, a slower pace and the simple power of 'less'.

How to Stop Losing Your Sh*t with Your Kids

Stop the yelling, lose the guilt, and become a calmer, happier parent. Drawing on evidence-based practices, here is an insight-packed and tip-filled plan for how to stop the parental meltdowns. Its compassionate, pragmatic approach will help readers feel less ashamed and more empowered to get their, ahem, act together instead of losing it. “Using a powerful combination of humor and reality checks, Naumburg helps parents unpack their unique stressors (we all have them) and find ways to stay calm even the most frustrating of family moments.” —Katie Hurley, LCSW, author of *No More Mean Girls* and *The Happy Kid Handbook* “By the end not only are you laughing out loud, but you’ve gained a sense of self-compassion and a concrete action plan.”—Rebecca Schrag Hershberg, PhD, author of *The Tantrum Survival Guide*

HypnoBirthing, Fourth Edition

HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

Only Love Today

Drawing on a multitude of breathing practices from different healing and spiritual traditions, *The Power of Breathwork* includes 27 simple exercises that can be practiced alone or with a partner to enhance connection, creativity, joy, intuition, or to reduce depression, anxiety,

trauma, tension, physical pain, and more. Knowing how to breathe and how to use your breath purposefully has been proven to reduce negative mental and physical issues and actually heal the body and mind. A regular home breathwork practice is an affordable and easy way for you to engage in self-healing practices that can have a profound impact on your overall health. Author, practitioner, and grief worker Jennifer Patterson begins by explaining what breathwork is, why you should try it, and how it can be used to heal the bodymind. Then, you'll learn what happens in your physical body, energetic body, and emotional body as you practice it. Before you start the exercises, find useful tips on building an altar, using scent, visualizations and grounding, and somatic writing prompts to help support your practice.

The Headspace Guide to Meditation and Mindfulness

Breathe, Empower, Achieve

Replenish and rejuvenate your postpartum body with these 75 easy, healing, and protein-rich recipes designed with new moms in mind. After giving birth, most mothers are well-versed in feeding patterns and schedules for their little ones, yet little attention is given to their own nutrition. The Postnatal Cookbook offers 75 simple, easy-to-prepare recipes for truly nourishing the postnatal body—what is ultimately best for both mother and baby! Written by a registered dietitian and lactation consultant, these delicious recipes are specially formulated with the nutritional needs of a new mom's fourth trimester. Inside you'll find: - Quick and easy protein-packed meals like Spinach Egg Bites, Mediterranean Salmon Wraps, and One-Pan Lemon Chicken - Satisfying, nutrient-rich snacks such as No-Bake Bliss Balls and Flax Seed Granola - The nutritional information every postpartum mom needs to eat healthily - And much more! Based on the latest research in nutrition science, this cookbook prioritizes the foundation of whole food, healthy eating for recovering mothers. Nutrients of vital importance to postpartum such as iron, protein, vitamin D, and omega three-rich foods are highlighted in each recipe.

The Magic of Motherhood

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.

Busy AF

Breathe in. Breathe out. We use our breath all day, every day. Imagine if, as a small child, you were taught different breathing strategies to help you proceed through your days - strategies to have by your side to get you thriving through the toughest of times! And She Said Breathe is a picture book taking the reader through a day in the life of a six year old girl - Sophie. Over the course of Sophie's day she is faced with many challenges and to each one, she responds with a different type of breathing. Each breathing technique impacts her brain and body in different ways and elicits unique and beneficial responses. In addition to the story, readers can access a free downloadable guide which explains to parents, teachers and adults, the neurological benefits of the practices and how to further incorporate these techniques into children's lives.

Self-Care for Moms

Welcome to Wimmelworld—a land of few words, yet endless entertainment—for curious kids age 2 to 5! In these one-of-a-kind picture books, every page is bursting with life—and tons to discover! Children as young as age 2 have a blast pointing out recognizable things—a blue tricycle, a hungry dog, a piggyback ride—while older kids can follow the star characters from page to page, telling their stories along the way. How? Wimmelbooks are virtually instruction-free, inviting kids to make their own way through the busy Wimmelworld they encounter, and to craft their own stories. First, you're introduced to a unique cast of characters who are hidden in plain sight on the pages that follow. As you seek them out, each character's storyline unfolds, but it's up to kids to interpret the scenes and create stories they think fit. It's hours upon hours of fun—and an effortless introduction to literacy to boot. In this special holiday-themed Wimmelbook, it's Christmas time! Christmas Eve, to be exact. From the outdoor ice rink to the bustling holiday market, a busy cast of characters is having a great time as they celebrate by skating, sledding, shopping, and singing away. But will the little boy get the tractor he wants for Christmas? And where is Santa? Kids follow along and find out in My Big Wimmelbook—Christmas Village. ----- Wimmelbooks originated in Germany decades ago and have become a worldwide sensation with children (and adults!) everywhere. My Big Wimmelbooks is the first-ever Wimmelbook series to feature Wimmelbooks as Wimmelbooks in English.

The Power of Breathwork

Instant Bestseller "Freaking hilarious. This is the novel moms have been waiting for."—Jenny Lawson, #1 New York Times bestselling author of Let's Pretend This Never Happened "Perfect for readers looking for a funny, realistic look at motherhood."—Booklist (starred review) From the creator of The Honest Toddler comes a fiction debut sure to be a must-read for moms everywhere There are good moms and bad moms—and then there are hot-mess moms. Introducing Ashley Keller, career girl turned stay-at-home mom who's trying to navigate the world of Pinterest-perfect, Facebook-fantastic and Instagram-impressive mommies but failing miserably. When Ashley gets the opportunity to participate in the Motherhood Better boot camp run by the mommy-blog-empire maven she idolizes, she jumps at the chance to become the

perfect mom she's always wanted to be. But will she fly high or flop? With her razor-sharp wit and knack for finding the funny in everything, Bunmi Laditan creates a character as flawed and lovable as Bridget Jones or Becky Bloomwood while hilariously lambasting the societal pressures placed upon every new mother. At its heart, Ashley's story reminds moms that there's no way to be perfect, but many ways to be great.

Mom Candy

Is emotional clutter blocking success in your personal and professional life? You've likely heard about the psychological benefits of clearing out the clutter in your surroundings, but how do you handle your emotional clutter — the psychological version of the jam-packed closet or impenetrable garage? Shutting away and trying to hide old pains and traumas creates toxic patterns that can keep you from having the life of your dreams. Integrating mindfulness and cutting-edge neuroscience, international mindfulness expert Donald Altman teaches how to modify entrenched habits and patterns with only a few minutes of attention daily. Altman first helps you realize what your baggage consists of and how to transform or jettison it. He then shows how to avoid the daily danger of accumulating new emotional clutter. No matter how fraught your life or relationships may be, you can cleanse, heal, or accept the old wounds, mistakes, and disappointments. With Altman's lifestyle tools, you'll discover how to address your past, better deal with the present, and cultivate the best possible future. Start fresh with *Clearing Emotional Clutter*.

Breathing Underwater

The 10th-anniversary edition of the No. 1 international bestseller and modern classic beloved by millions of readers *HERE IS A SMALL FACT - YOU ARE GOING TO DIE* 1939. Nazi Germany. The country is holding its breath. Death has never been busier. Liesel, a nine-year-old girl, is living with a foster family on Himmel Street. Her parents have been taken away to a concentration camp. Liesel steals books. This is her story and the story of the inhabitants of her street when the bombs begin to fall. **SOME IMPORTANT INFORMATION - THIS NOVEL IS NARRATED BY DEATH** The 10th-anniversary edition features pages of bonus content, including marked-up manuscript pages, original sketches, and pages from the author's writing notebook.

All The Things

Sweet, satisfying and calming, *Mom Candy* is the perfect pick-me-up gift for mothers of all ages. With 1,000 quotes, reflections, and insights *Mom Candy* gets at the heart of motherhood—from the anticipation of pregnancy and the arrival of a new baby, through the early years and the school days, to the lifelong bond that women have with their children. With thoughts from Hillary Clinton, Madeleine L'Engle, Michelle Obama, Kate Winslet, Reese Witherspoon, Erica Jong, Jodi Picoult, and many others. Being a mom has made me so tired. And so happy.—Tina Fey, actress, writer, and producer

One-minute Mindfulness

A humorous guide for new mothers on caring for infants offers advice on the unpleasant aspects of parenting, including birthing without drugs, handling the volumes of waste babies create, and dealing with sleep deprivation.

F*ck That

Subtitle in pre-publication: Why putting yourself first is the best thing you can do.

Learning to Breathe

This pocket book contains up-to-date clinical guidelines, based on available published evidence by subject experts, for both inpatient and outpatient care in small hospitals where basic laboratory facilities and essential drugs and inexpensive medicines are available. It is for use by doctors, senior nurses and other senior health workers who are responsible for the care of young children at the first referral level in developing countries. In some settings, these guidelines can be used in the larger health centres where a small number of sick children can be admitted for inpatient care.

The Book Thief

An Oxford psychologist and leading authority on Mindfulness-Based Cognitive Therapy outlines accessible practices for reducing stress and improving life satisfaction, drawing on the author's meditation teachings to outline effective therapeutic exercises that can be performed in 10 to 20 minutes each day.

The Sh!t No One Tells You

A NEW YORK TIMES BESTSELLER A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time's most influential people. It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: "Aging is a disease, and that disease is treatable." This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel

younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, Lifespan will forever change the way we think about why we age and what we can do about it.

The Postnatal Cookbook

As a former Buddhist monk with over 10 years of teaching experience, Andy Puddicombe has been acknowledged as the UK's foremost mindfulness meditation expert. Like his readers and students, he began his own meditation practice as a normal, busy person with everyday concerns, and he has since designed a program of mindfulness and guided meditation that fits neatly into a jam-packed daily routine—proving that just 10 minutes a day can make a world of difference. Simple exercises, stories and techniques culled from Andy's years of experience will help anyone calm the chatter in their minds. The result? More headspace, less stress. *Get Some Headspace* also brings us the extraordinary science behind this seemingly simple cure-all. This book and practice will help readers positively impact every area of their physical and mental health through mindfulness, from productivity and focus, to stress and anxiety relief, sleep, weight-loss, personal relationships and the list goes on and on.

Mindful Moments for Busy Moms

Live better—physically, emotionally, and spiritually—by taking simple steps to enhance your breathing. You breathe over 21,000 times per day. But are you breathing well? In *Breathe Slower, Deeper, Better*, yoga instructor Yael Bloch helps you identify shallow, rushed, or misplaced breathing and shows you how to build better habits with simple exercises inspired by yoga and meditation. In just a few minutes a day, you can: Develop a deep, lasting sense of calm and relaxation. Improve your lung capacity, abdominal strength, and blood circulation. Reduce negative emotions, such as stress, anxiety, and depression. Strengthen your immune system and relieve health issues, including asthma, hypertension, and muscle pain. You don't have to be a yogi: Anyone can unlock centered, supple, slow, and harmonious breathing—and access a new, vibrant way of living!

Breathe, Mama, Breathe

The Magic of Motherhood celebrates your life as a mom--the good stuff, the hard stuff, and everything in between. From the writers behind the popular blog *Coffee + Crumbs* comes a beautiful new book to remind you of your identity, both as a woman and as a mother. Motherhood can often feel overwhelming and isolating. You find your feelings swinging between joy and uncertainty, intense love and anxiety, laughter and tears. Through it all, you constantly ask yourself, "Am I the only one who feels this way?" The Magic of Motherhood will reassure you that

you're not alone. Full of encouragement, humor, and wisdom that will speak to you right where you are, *The Magic of Motherhood* is like a long-overdue coffee date with your best girlfriend. In this book you'll find heartwarming essays about identity, adoption, body image, miscarriage, friendship, faith, infertility, and more. *The Magic of Motherhood* is a curated collection of honest stories that weave together the love, joy, and magnificent heartache of motherhood. Instead of offering advice, the writers offer something even better: their hearts. *The Magic of Motherhood* is a love letter to mothers everywhere; it's a story about the magic that happens in between calm and chaos, the joy that can be found in both beauty and mess, and the valuable lessons we learn about ourselves in between cups of reheated coffee and kitchen tables covered in crumbs. Find a new strength, beauty, and sisterhood you never believed possible in *The Magic of Motherhood*, an inspiring and encouraging book written for an imperfect, trying-her-best mom just like you.

Mindfulness

Bring peace and calm to your busy-mama days with these 365 meditations and mantras—one for every day of the year. Mindfulness is a powerful practice that can help you navigate the ups and downs of motherhood, and help you be the mother—and the YOU—that you want to be. Mindfulness is our ability to attend to the present moment, with curiosity and without judgment. It is a powerful tool that transforms how you relate to your own life and how you engage with the world. There is a growing body of research out there that tells us that when mothers practice mindfulness they experience less stress and anxiety, build stronger relationships with their children and feel less overwhelmed by the demands of motherhood. Their children experience less stress and anxiety, too. In this beautifully illustrated book, mindfulness expert Sarah Rudell Beach introduces the basics of mindfulness and then offers a collection of meditations and mantras. From dealing with tantrums and your patience being tested to making time for yourself and practicing self-compassion, you'll discover how a mindful approach can lead to greater calm, balance, and ease in your daily life.

The Battle

All the Things reminds us that motherhood is an all encompassing art. It is ever flowing and changing in its daily beauty and struggles. It is a lifelong sanctification of hearts and minds. It is both the releasing of what we thought would be and embracing what truly matters. Most of us never anticipated the constant molding our hearts and minds would endure when we started our journeys. If we believed what the media tries to sell us, then all we needed was a well stocked diaper stash, clothes that were prewashed and folded neatly, and a nursery color coordinated and filled with lovely things. However, motherhood is none of that. *All the Things* reminds us that what we truly need to be a mother can't be put in a nursery or tucked in a monogrammed backpack. It is wrapped in the friendships forged and the lessons we learn along the way. These lessons continue as nurseries change to toddler forts and then to teenage lairs. From season to season, the things that are most important in motherhood aren't things that can be held or truly seen at all. They ebb and flow from one momma's heart to another. They are the deep rooted relationships of those on the journey with us that create a beautiful piece of artwork we call motherhood. *All the Things* breathes life into all the unspoken needs women have when navigating the journey of motherhood. From the need of authentic

friendships to the struggles of losing oneself in the journey, Schindler writes with humor, honesty, and shares pertinent examples of God's grace through it all. This book will become one of the first ones you recommend for both new moms starting out and seasoned ones who are deep in the journey.

You Are a F*cking Awesome Mom

It is time to transform your life. The Battle addresses the issues everyone is afraid to talk about: Anxiety, depression, and self-doubt as a mother. If you are silently suffering while tackling everyone else's problems, it's time to talk. Are you -Exhausted and sick of living life by default? -Ready to transform your life with proven action steps? -Wondering how to design a life you love? Then it is time to start your journey with someone who has been there, won the battle and is now changing lives. With personal stories, and proven action steps, you too can live a life you dream of. Step out of your comfort zone and delve into these issues with honesty, bravery, and humor as you transform and learn to enjoy a life that you deserve. Now is the time for you to take action because, guess what, you ARE worth it!

Clearing Emotional Clutter

Don't miss this timely contemporary young adult novel from Alex Flinn, the #1 New York Times bestselling author of *Beastly*, about a teenage boy's struggle to break free from the cycle of abuse. "Gripping." —Publishers Weekly Intelligent, popular, handsome, and wealthy, sixteen-year-old Nick Andreas is pretty much perfect—on the outside, at least. What no one knows—not even his best friend—is the terror and anger that Nick faces every time he is alone with his father. Then he and Caitlin fall in love, and Nick thinks his problems are over. Caitlin is the one person he can confide in, the only person who understands him. But when Nick's anger and jealousy overtake him, things begin to spiral out of control and Nick realizes that he's more his father's son than he wants to be. Now Nick must confront his inner demons to stop the history of violence from repeating itself. Winner of the Black-Eyed Susan Award An ALA Top 10 Best Book for Young Adults An International Reading Association Young Adult Choices List Pick A New York Public Library Book for the Teen Age Pick

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