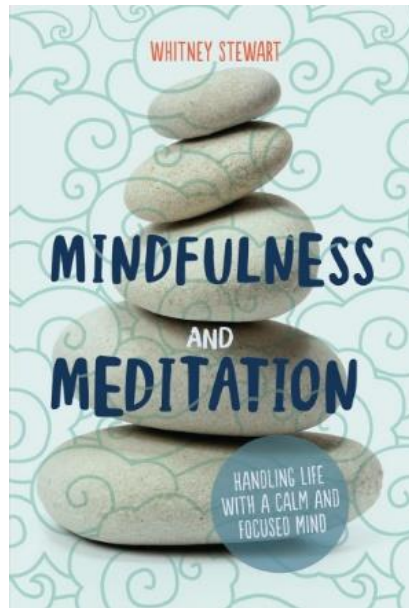


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Additional resources for *Mindfulness and Meditation: Handling Life with a Calm and Focused Mind* by Whitney Stewart



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From hormones to homework, parents to peers, health issues to bad habits, life can be a pressure cooker leading to anxiety and even thoughts of suicide. How can we find relief? Author Whitney Stewart introduces readers to the practice of mindfulness. With its roots in ancient Buddhist teachings, mindfulness—the practice of purposefully focusing attention on the present moment—can change a person's approach to stress, develop skills to handle anxiety and depression, and provide a sense of awareness and belonging. Stewart guides readers through how to get started with meditation as well as provides specific exercises for examining emotions, managing stress, checking social media habits and wellness routines, and setting intentions to increase happiness.

For six professionally recorded mindfulness exercises with Whitney, visit **lernerbooks.com/go/mindfulness**.