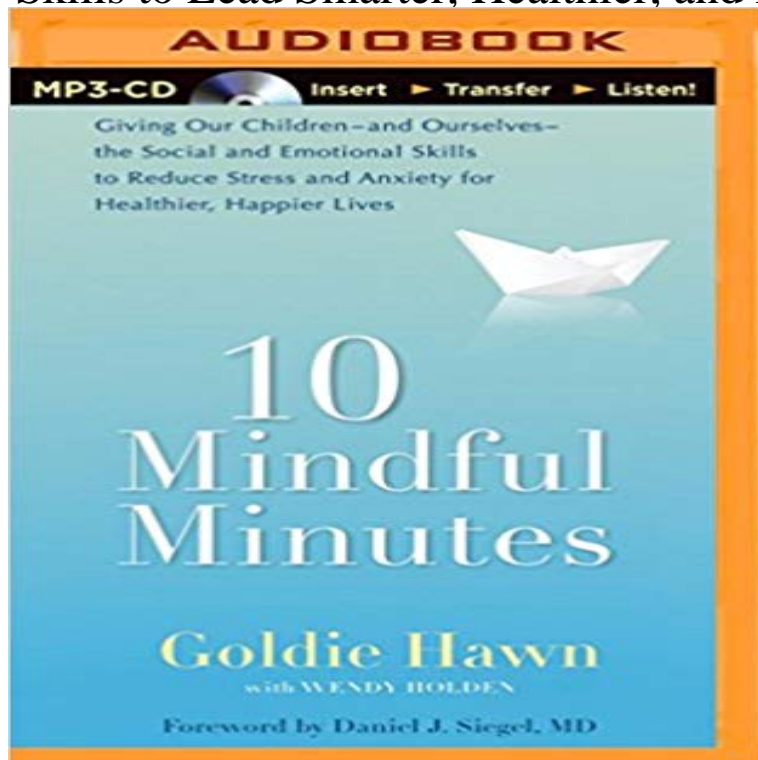


10 Mindful Minutes: Giving Our Children the Social and Emotional Skills to Lead Smarter, Healthier, and Happier Lives



Driven by her lifelong interest in the practice of mindfulness and her commitment to the welfare of children everywhere, Goldie Hawn established the Hawn Foundation to support research into developing ways of helping children become healthy and eager learners who can reach their full potential. The program developed by her foundation, MindUP, now used by educators around the world, teaches children how their minds work and how their thoughts and feelings affect their behavior. It gives them the social and emotional tools to help them deal with stress and negative feelings, calm their minds, remain focused, develop compassion and empathy for others, and, ultimately, be happy. As practical as it is inspiring, 10 Mindful Minutes embodies the essence of the incredible success of the MindUP program with its simple techniques like mindful breathing, sensing, and thinking. In easy-to-follow steps, it shows parents and children alike how to focus on feelings of gratitude, kindness, and optimism that will improve interpersonal relationships, increase performance through better concentration, and lead to emotionally healthy and happy lives. Teaching Our Children to Help Themselves Be Happy Across the country, the revolutionary MindUP program, which was developed under the auspices of the Hawn Foundation, is teaching children vital social and emotional skills, empowering them to manage and reduce their own stress, and helping them be happy. Now, for the first time, its secrets are being shared with all parents and children in 10 Mindful Minutes.

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