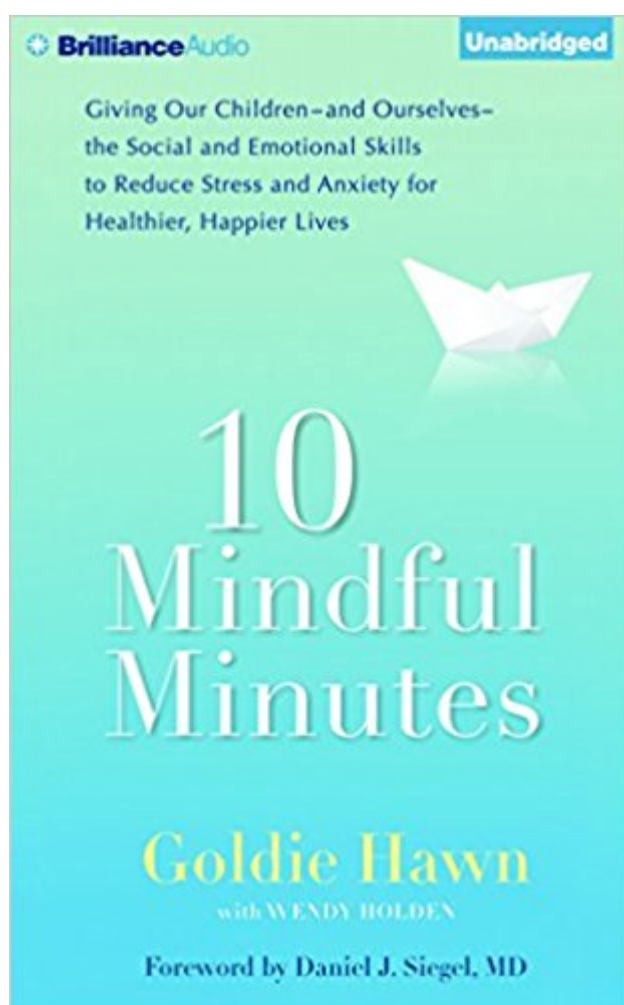


The book was found

# 10 Mindful Minutes: Giving Our Children The Social And Emotional Skills To Lead Smarter, Healthier, And Happier Lives



## Synopsis

Across the country, the revolutionary MindUP program, which was developed under the auspices of the Hawn Foundation, established by Goldie Hawn, is teaching children vital social and emotional skills. By understanding how their brains work, children discover where their emotions come from and become more self-aware. They learn to appreciate the sensory aspects of their lives and to value the positive effects of mindfulness, compassion, and kindness. This, in turn, empowers them to manage and reduce their own stress-and helps them be happy. Those who have seen the remarkable effects of this program have been eager to learn how to implement it in their own homes and use its practices for themselves, too. Now, for the first time, its secrets are being shared with all parents and children in 10 Mindful Minutes.

## Book Information

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## Customer Reviews

"Goldie Hawn is arguably the most influential happiness expert of our time. She not only has achieved true happiness in her life but radiates it in her family and through the work of her foundation. Now, 10 Mindful Minutes offers a guide for the rest of us. This book artfully blends the latest science and quick, easy how-to advice with a rare glimpse into the epiphanies that led to Goldie's happiness work. It's an engaging must-read for every parent interested in raising a focused, balanced and happy child."-Dan Buettner, New York Times bestselling author of *The Blue Zones*"Goldie delightfully weaves together personal reflections and practical tips with accessible explanations of the brain's attention and emotion systems. Firmly rooted in neuroscience and mindfulness, she is pioneering a cultural shift in parenting and education." —[Amishi Jha](#),

Ph.D. Neuroscientist and Associate Professor of Psychology, University of California, San Diego. "Goldie Hawn has given us a beautiful guide to one of our most important roles-raising healthy, joyful, and resilient children. Rooted in scientific research and chock full of practical tools and techniques, 10 Mindful Minutes will forever change the way you parent, and it'll change how you live your own life, too." —Greg Hicks, bestselling author of *How We Choose to Be Happy and Happier* "I saw how quickly the kids-and then the teachers-bought into the [MindUP] program and practices. The kids just got it right away, and seemed hungry for something that would help them manage the stresses in their life. . . . In my twenty years of measuring social-emotional learning quotients, I've never seen a program that works as well as this one." —Dr. Kimberly Schonert-Reichl --This text refers to an out of print or unavailable edition of this title.

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. Her bestselling autobiography, *A Lotus Grows in the Mud*, was published in 2005.

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 it's 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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