

Book Fact Sheet

Meditations for Concentration CD



Author: Debra Burdick, LCSWR, BCN is a licensed clinical social worker, board certified Neurofeedback practitioner, and online expert at SelfGrowth.com, located in Washingtonville, Orange County, NY. She helps people improve their lives using psychotherapy, Neurofeedback and Mindfulness. She is a frequent speaker for CMI/PESI and other organizations, teaching workshops on ADHD as well as Mindfulness Skills to psychotherapists, teachers and other helping professionals, nationally. She also provides Mindfulness training to business leaders and executives to improve their leadership and business success.

Debra is the author of four books about her Holistic Approach to Success with ADHD. Her next book, to be published in 2013 by CMI/PESI, is titled 'Mindfulness Toolkit: 111 Therapeutic Options for Overcoming Life Stressors'. Her CDs help with ADHD, sleep, and mindfulness.

Book Synopsis: Seasoned clinician and mother of a daughter with ADHD, Debra Burdick draws on nearly 27 years of clinical and personal experience to offer a holistic approach for improving concentration for children ages 3-14. This CD provides an easy to use approach to mindfulness that gently guides kids through a fun process to become more mindful and improve concentration along the way. It contains nine short vignettes that guide kids to use their imagination to practice concentrating and be more present. The vignettes include some fun settings like flying a space ship as well as practical ones like being in the classroom, doing homework, or having a friend over. The kids love listening to them and their parents notice that what they practice while they listen translates into better control of concentration both socially, in school and while doing homework.

Publication Date	March 2012
Size	5 1/2" x 5 1/2" round
Binding	CD
Price	\$20.00
ISBN	978-1-938579-86-8
Publisher	Debra Burdick www.TheBrainlady.com
Author web site	www.TheBrainlady.com
Purchase	http://thebrainlady.com/products/cds/meditations-for-concentration-cd/