Meditations for Concentration CD

Book Fact Sheet

Author: **Debra Burdick, LCSW, BCN** is an international expert on Mindfulness and ADHD, an award-winning #1 best-selling author, licensed clinical social worker, board certified Neurofeedback practitioner, and online expert at SelfGrowth.com who recently retired from private practice to slow down and focus on writing and speaking. She helps people improve their lives with Mindfulness. She is a frequent speaker for 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.

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.

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Size	5 1/2" x 5 1/2" round
Binding	CD
Price	$20
Publisher	Debra Burdick www.TheBrainlady.com
Author web site	www.TheBrainlady.com
Purchase	Meditations for Concentration CD/mp3

Her books include:

- Mindfulness for Kids with ADHD
- Mindfulness for Teens with ADHD
- ADHD: Non-medication Treatments and Skills for Children and Teens (Benjamin Franklin GOLD winner in psychology)
- Mindfulness Skills Workbook for Clinicians and Clients
- Mindfulness Skills for Kids and Teens
- Radical Self-Care When You Are Ill

Her card decks include:

- Mindfulness Skills for Kids Card Deck and 3 Card Games
- Radical Self-Care When You Are Ill Digital Card Deck

Her CDs help with ADHD, sleep, and mindfulness.

- Mindfulness Toolkit
- Mindfulness Toolkit for Kids
- Meditations for Concentration
- Meditation for Sleep

Her online trainings include:

- Mindfulness – the Basics and Beyond
- Transforming Stress