Mindfulness Toolkit: Practical Mindfulness Skills

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 mindfulness teacher, Debra Burdick draws on nearly 27 years of clinical and personal experience to offer an audio collection of ten mindfulness skills that can be incorporated into daily life. They include research based practices such as awareness of breath, tasks, intuition, and 'remembered wellness' as well as core sitting meditations. They can be used to increase self-awareness and the ability to be present in the moment, to induce the 'relaxation response', to increase stress resiliency, to improve concentration, sleep, depression, and addictive behaviors, and to improve physical and emotional health.

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Binding	CD
Price	$20
Publisher	Debra Burdick www.TheBrainlady.com
Author web site	www.TheBrainlady.com

Purchase Mindfulness Toolkit 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