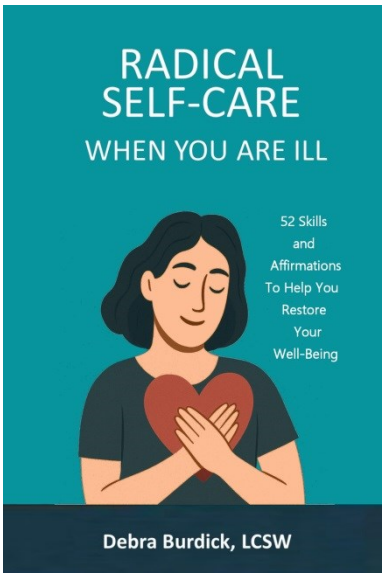
Radical Self-Care When You Are Ill

Book Fact Sheet



Author: **Debra Burdick, LCSW,** also known as 'The Brain Lady', is an international expert on Mindfulness and ADHD, an award-winning #1 best-selling author, licensed clinical social worker, formerly board-certified Neurofeedback practitioner, and online expert at SelfGrowth.com.

Deb retired from private practice to slow down and focus on writing and speaking. Her personal mission is to experience contentment and joy and hopes that her books, meditations, and training will help others do the same. She has been 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 teaches workshops to local organizations titled *Mindfulness Skills to De-Stress* as well as *Radical Self-Care When You Are Ill*. Deb created the skills in this book to help deal with her chronic illness, now thankfully resolved. She has taught these skills to hundreds of clients to help them thrive despite illness.

Book Synopsis: Like no other resource, this book provides a radical approach to restoring your well-being and successfully coping with physical or emotional illness. Whether you're dealing with a chronic illness, pain, recovering from surgery or simply aiming to enhance your life despite health setbacks, this book offers essential skills to guide you. These skills will help even if you feel like you've tried everything but are still frustrated and discouraged.

Use this curated collection of 52 skills and affirmations as a daily companion to your healing journey to navigate the challenges of illness and:

- Transform your healing journey and your life.
- Tap into the power of the mind and spirit to promote well-being.
- Thrive and live a good life despite feeling ill.
- Restore a profound sense of well-being including physical, emotional and mind-body-spirit.
- Take the utmost care of yourself and set the stage for healing!

Download 3 free meditations and the skill worksheet.

ISBN	979-8-8789-9851-2
Categories	Medicine and Psychology, Popular Psychology and Medicine, Women's Health
Publication Date	March 2024

Size	6” x 9”
Binding	Perfect Binding, 121 pages
Price	$12.99 paperback, $9.99 Kindle
Publisher	Debra Burdick www.TheBrainlady.com
Author web site	www.TheBrainlady.com
Purchase	Radical Self-Care When You Are Ill – Book

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