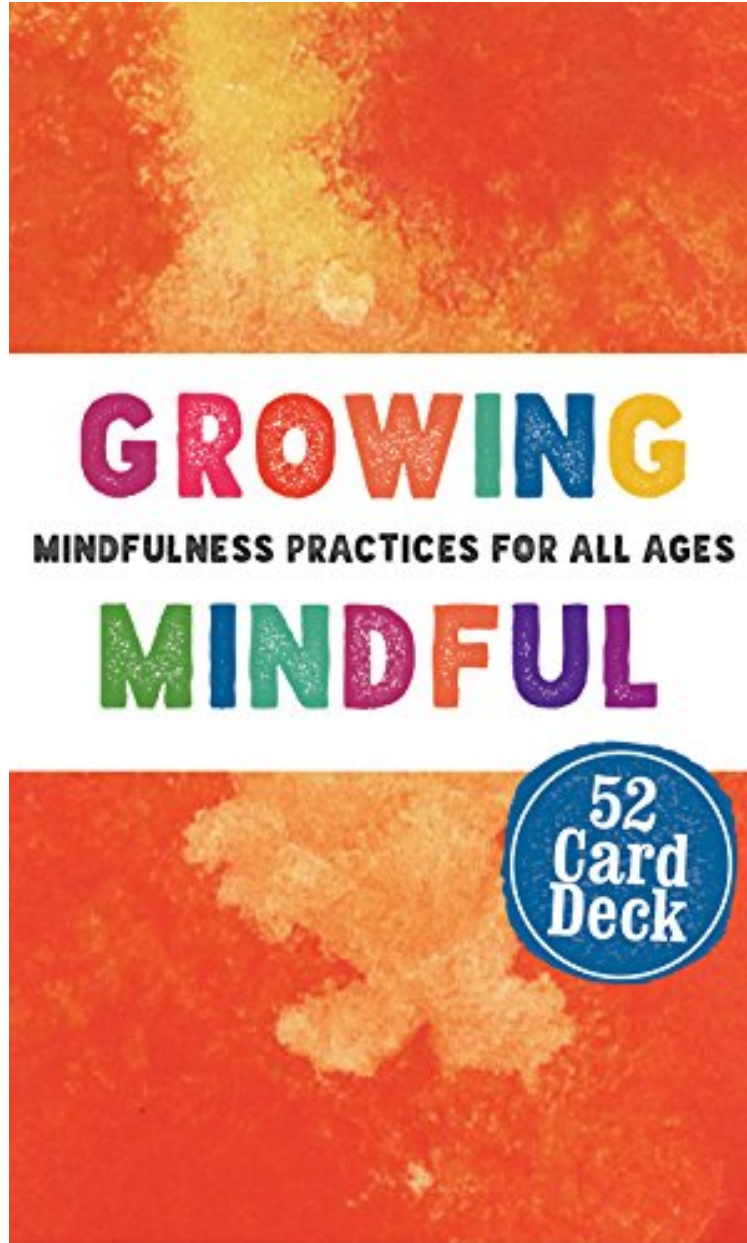


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Growing Mindful

Christopher Willard, Mitch Abblett
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Christopher Willard, Mitch Abblett : Growing Mindful before purchasing it in order to gage whether or not it would be worth my time, and all praised Growing Mindful:

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Maureen Crag Would have like photos on the back of the cards and no blank cards for me to make up my own exercise. That is why I bought the deck 1 of 1 people found the following review helpful. I love these cards By Customer I love these cards! They're great for kids, adolescents, and adults! They love them and appreciate the variety and ease. 1 of 1 people found the following review helpful. Five Stars By Natalie D All of my colleagues love to borrow these!

Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the Growing Mindful card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness curiosity. Perfect for all ages!

About the Author Christopher Willard, Psy.D., is a psychologist and educational consultant in the Boston area specializing in mindfulness-based work with adolescents and young adults. He holds an appointment at Cambridge Hospital, a Harvard Medical School teaching site, and leads workshops nationally and internationally. Dr. Willard has been practicing meditation for over 15 years. His thoughts on mental health have been featured in The New York Times, cnn.com, and elsewhere. He is the author of *Child's Mind* (2010), *The Mindfulness for Teen Anxiety Workbook* (2014), and Co-Editor of *Mindfulness with Youth, From the Classroom to the Clinic* (2015). Mitch Abblett, Ph.D. is a licensed clinical psychologist, clinical administrator, supervisor and trainer. He has appeared on local and regional television programs in New England, and has written in professional periodicals regarding children's mental health needs. Dr. Abblett also serves as the Clinical Director for Judge Baker Children's Center's Manville School, a well-established therapeutic day school for special education children with significant learning, emotional and behavior challenges. In addition to his work with emotionally-behaviorally disordered children, Dr. Abblett has also worked with a variety of populations presenting difficult behavior patterns (aggression, trauma reactivity, combat veterans, sexual perpetration, and addiction). Dr. Abblett has conducted numerous trainings regarding clinical work with difficult populations, and is dynamic, engaging speaker.