

Download Breathe Mama Breathe 5 Minute Mindfulness For Busy Moms

Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms [Shonda Moralis MSW LCSW] on Amazon.com. *FREE* shipping on qualifying offers. A “Mom Must-Read”— Parents A National Parenting Product Award (NAPPA) Winner Easy-to-follow practices that will help moms find quickEasy-to-follow practices that will help moms find quick, daily opportunities to reset and refocus with mindfulness Moms can feel as if they are sprinting through life, crashing onto the pillow at day’s end only to start again the next morning. In Breathe, Mama, Breathe, psychotherapist Shonda MoraKate Middleton Accidentally Shared What George And Charlotte Call Their Dad – And It’s Just Too Cute - Duration: 12:55. STAR NEWS TODAY 903,454 viewsRated 4 out of 5 by tlady87 from Great & Easy read, especially for busy moms This has been a very helpful book with tons of great advice on how to change our behavior as parents to become more mindful of what we are feeling, saying & doing. I really do love the suggestions of taking just 5 minutes each day to meditate by ourselves, as well as when various situations arise so that we can be ...