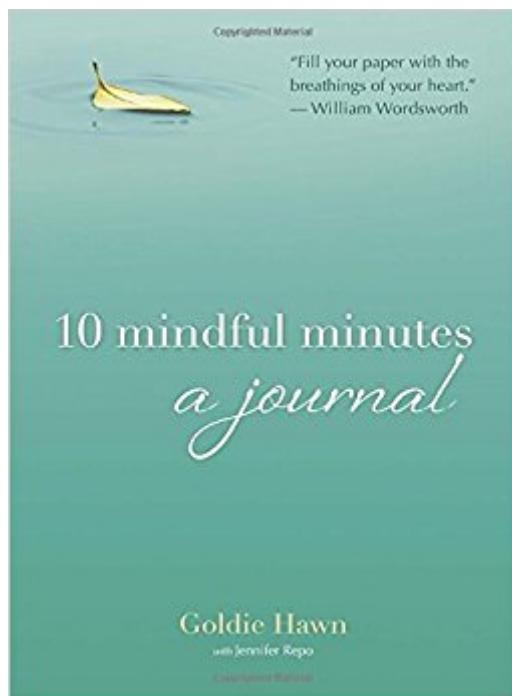


The book was found

10 Mindful Minutes: A Journal



Synopsis

This journal provides prompts and exercises to guide you to a fuller practice of mindfulness no matter what your current level of experience. Inspired by Goldie Hawn's 10 Mindful Minutes, which offered parents "simple and effective ways" to create calmer, kinder, happier families (USA TODAY), this work helps anyone focus on specific qualities from optimism or gratitude to anger or fear that can be enhanced or helped by a meditative practice. The prompts, which address these specific desires or concerns, are supported by Goldie Hawn's own observations and reflections as well as simple yet effective exercises that will help you strengthen your own resolve.

Book Information

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Customer Reviews

"In this book, Goldie Hawn shows how a passion for mindfulness can take root in practical action. She gives you a chance to bring to mind and reflect on how simple acts of gratitude and kindness can be a form of quiet heroism, helping you to deal more wisely with your own pain, anger and sorrow, and to be more available for others. Follow her guidance, and you may find that everyday living becomes an exciting path of discovery, benefiting yourself and those with whom you share your life." •Professor Mark Williams, Emeritus Professor of Clinical Psychology at Oxford University and co-author of the bestselling Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World. Praise for Goldie Hawn's 10 Mindful Minutes Goldie Hawn's 10 Mindful Minutes is an excellent guide that offers simple, effective ways for stressed parents to create calmer, kinder, happier families. The book boils down the latest findings about the brain into

tips to help kids understand and manage their emotions. *Goldie Hawn* emphasizes the importance of teaching children empathy and gratitude. Refreshing and sensible. *Goldie Hawn* •USA Today *Goldie Hawn embodies delight and joy, and 10 Mindful Minutes radiates these. Her book can help any adult — parent, grandparent, teacher — make double use of their moments with the children they love and have a terrific time while helping shape that child's brain for a lifetime of resilience and happiness.* •Daniel Goleman, author of *Emotional Intelligence* *This is a remarkable book. It is full of wisdom for us all - parents and other care-givers - inviting us to taste mindfulness for ourselves.* Here is chance not to be missed: to learn from the inside how mindfulness can help us to see clearly and respond wisely to the emotional and developmental needs of our children. *Read it and use it: you may find you are doing nothing less than giving back to your children their childhood, while they still have the chance to live it.* •Mark Williams, Director, University of Oxford Mindfulness Centre and author of *Mindfulness: Finding Peace in a Frantic World* *Goldie Hawn is arguably the most influential happiness expert of our time. She not only has achieved true happiness in her life but radiates it in her family and through the work of her foundation. Now, 10 Mindful Minutes offers a guide for the rest of us. This book artfully blends the latest science and quick, easy how to advice with a rare glimpse into the epiphanies that led to Goldie's happiness work. It's an engaging must-read for every parent interested in raising a focused, balanced, and happy child.* •Dan Buettner, New York Times bestselling author of *The Blue Zones and Thrive* *Hawn's gentle, heartfelt approach to mothering and her mission to help children develop happier, healthier lives will be both useful and inspiring for parents.* •Publishers Weekly *Beloved actress demonstrates how a few minutes per day can change the way we see the world. Hawn shares personal anecdotes that illustrate the MindUP theory in action, juxtaposed against scientific evidence and practical exercises. She instructs readers on how to find teachable moments to share discoveries* •at the dinner table, in the car, or on the way to school •whenever and wherever it feels appropriate. •Kirkus Book Reviews *Goldie delightfully weaves together personal recollections and practical tips with accessible explanations of the brain's attention and emotion systems. Firmly rooted in neuroscience and mindfulness, she is pioneering a cultural shift in parenting and education.* •Amishi Jha, PhD, neuroscientist and associate professor of psychology, University of Miami

Goldie Hawn is an Academy-award winning actress and New York Times bestselling author of A

Lotus Grows in the Mud and 10 Mindful Minutes. Since 2003, when she established The Hawn Foundation whose mission is to equip children with the social and emotional skills they need to lead smarter, healthier, and happier lives, Hawn has been working with leading educators and neuroscientists, among other specialists, to develop ways to promote children's success in school and in life through social and emotional learning. The Hawn Foundation's MindUP (TM) program is currently in the hands of more than 1,000 educators throughout the United States, Canada, and the UK. She has been a presenter on the topic of social emotional learning and mindfulness at such notable gatherings as the Aspen Health Conference and Davos.

This is so wonderful! I am loving the help I have receive from her journal!

Basic

It is very pleasantly written! A brilliant inspiration! We love you Goldie!

Goldie is an inspiration and this is a well written journal.

I love this and plan on getting one for each of my daughters, my sister, and my mom!

Great Journal. Love it.

I started a journey about two years ago to really own my happiness, to be the type of person that wasn't afflicted by the world but always inspired by it. Goldie Hawn really seems to understand the power this sort of Mindfulness can have in a person and for the world. Between her book "10 Mindful Minutes", this journal and the curriculum she has helped create for our school systems you can just tell that this woman is tapped in turned on and will create lasting change in our universe. I actually bought the curriculum book for 6th to 8th grade as well because I wanted to see what they taught them and utilize it in a more grownup way. With that curriculum she has sent me down this wonderful rabbit whole of understanding my brain. Because of this journal I am actively deepening pathways in my brain for happiness. My whole life I have felt that I suffered from a tendency towards depression but from the 2 years I have dedicated myself to being happy and the impact of all these materials from Goldie Hawn I can actually say that I am not a depressed person. I just had bad brain habits that I have completely transformed. Some people are just born with it or have the type of

upbringings that develop it but for the rest they have to dig and own it and keep going when it feels ruff. We have to hit that point where we become so committed that nothing else matters but our happiness and success in achieving it. Eventually that hard work pays off and the good mental habits become second nature and we realize that we have shifted from longing and a determination to be those naturally happy and inspired individuals to actually being that naturally happy and inspired individual. We have arrived!! That's what this feels like and I am so proud of Goldie Hawn for endeavoring to bring this type of knowledge to the world in an accessible format and actually succeeding. I want this in every school system because every child needs and deserves to have these skill sets for success. Thank you, thank you, thank you Goldie!

This review originally appeared on The Magical Buffet website on 7/30/15.

I have always liked Goldie Hawn. When I was younger I watched her on *Rowan & Martin's Laugh-In*, *Protocol* (No, dear, I'm not a chicken; I'm an emu.), *Wildcats*, *Death Becomes Her*, and *First Wives Club*. I like that her and Kurt Russell are still together after all these years. I'm not saying I'm an expert on all things Goldie, I'm just saying it came as quite a surprise to find out that she's kind of a well-known figure in the mindfulness movement. It turns out that Goldie Hawn is an author! She has written an autobiography, *A Lotus Grows in the Mud*, and *10 Mindful Minutes*. Both books ended up on New York Times bestseller list! This was all news to me when I was approached to review *10 Mindful Minutes: A Journal*. As you may already have guessed, I never read *10 Mindful Minutes*, so the good news is the journal is effective whether you've read the previous book or not. No more talk about the past then, let's focus on the here and now and *10 Mindful Minutes: A Journal*. The Journal is authored by Goldie Hawn with Jennifer Repo. I'm not sure how much of whose voice we're hearing when reading the entries but there is a welcoming warmth in the tone of the writing. The book isn't focusing on deep, obscure meditation practices. You're reminded of the basics: sitting comfortably and focusing on your breath. The chapters are divided

into specific areas of reflection, such as Discovering Empathy, Transforming Anger, and Cultivating Optimism. In the sections you'll find meditation exercises, and most important to the book, space to journal your reflections after you finish them. "10 Mindful Minutes: A Journal" works at guiding readers towards a daily reflective meditation practice so that after all the pages are filled, hopefully the practice still remains.

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