



Just Breathe: Meditation, Mindfulness, Movement, and More

Mallika Chopra , Brenna Vaughan (Illustrations) , Deepak Chopra (Foreword)

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For kids ages 8 to 12, this is an accessible and fun meditation and mindfulness how-to book filled with full-color illustrations, written by Mallika Chopra and with a foreword by Deepak Chopra.

Just Breathe is a fun and accessible, fully illustrated go-to meditation guide written by none other than Mallika Chopra, wellness expert and the daughter of Deepak Chopra. For kids ages 8 to 12, this book is full of specific exercises to help deal with day-to-day challenges and tips to lead a healthier, happier, and more connected life. The book includes practical advice on breathing techniques and guided meditations for a number of topics and scenarios, including:

Dealing with stress

Getting to sleep

Building self-confidence

Focusing on school/tests/other work

Ridding oneself of anxiety

Beginners will learn the basics of meditation and how to get started, and those more experienced will learn how to improve their practice. This book will also teach kids how to prepare their own meditation spaces.

Just Breathe is the go-to book for kids who want to learn more about mindfulness and meditation.

Just Breathe: Meditation, Mindfulness, Movement, and More Details

Date : Published August 28th 2018 by Running Press Kids

ISBN : 9780762491582

Author : Mallika Chopra , Brenna Vaughan (Illustrations) , Deepak Chopra (Foreword)

Format : Paperback 128 pages

Genre : Nonfiction, Childrens, Middle Grade

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From Reader Review Just Breathe: Meditation, Mindfulness, Movement, and More for online ebook

Rachel says

This is an excellent, easy-to-understand overview of mindfulness and meditation practices for young people. It covers a full range of topics and issues relevant to kids and teens and provides practical advice for coping and staying calm through meditation, mindfulness, yoga, and intention-setting. What a wonderful introduction to these practices!

Aleya says

I got a copy of this at TLA and decided to pick it up and read it today. I would have loved to have had this book as a kid.

Tara says

I cannot wait to share this book with my daughter. I plan on sharing some of the strategies with her now, and hopefully she will enjoy them.

I read an ARC from NetGalley.

Emily says

This book was perfect introduction to mindfulness and meditation for pre-teens and teens. I enjoyed reading it and could see myself giving it as a gift to young people in my life.

Beth says

While this isn't a book I would recommend to read on your own because it's hard to meditate and read at the same time, a teacher wanting to adopt mindfulness meditation in their classroom, this could read the meditations aloud

Cassandra Hawkins says

I was immediately interested in reading Just Breathe by Mallika Chopra because she is the daughter of Deepak Chopra. I was curious to see what information was provided that I could share with my 12-year-old daughter to help her maneuver through life. I liked how straightforward and simplistic the breathing

exercises and guided meditations are for children.

Recently, a research study highlighted that suicide is rising among children. This alarming fact proves that books like this one, which provides numerous techniques on how to deal with stress and anxiety, its necessity. I believe that this book can be used as a bonding tool between children and their parents.

I enjoyed how Mallika Chopra managed to make the book relatable to children and explain the significance of each technique that is being introduced. I would recommend this book for children, who are unfamiliar with using meditation and breathing in their lifestyles. For children, who are familiar with the lifestyle, they may become uninterested in the book.

Overall, I enjoyed the book. I shared with my daughter and son, who is 10. Children are exposed to so much more than when I was growing up. Having a book like *Just Breathe* could save a life and assist a child in effectively managing the ups and downs of life.

Krystal says

This insightful book provides useful strategies for young ages to reap the benefits of mindfulness and meditation!

Marzie says

As an only child I can sing the praises of quiet, quiet time and stillness, but these days, even for many singleton children quiet, stillness, and time to recenter can be a challenge. Modern life is filled with so much stimulatory information for children. For an anxious child, this can spell overstimulation and thus greater stress. *Just Breathe* provides kids (and their parents!) with an arsenal of methods to learn to slow down, take time to breathe and move and think mindfully. While the publisher designates this as targeting middle-grade kids (and indeed this is a perfect age to present children with the idea of mindfulness and taking time), the book is equally appropriate for high school students who face just as much stress as they forge a path toward adulthood and college.

Divided into sections titled Breathe, Move, Be Silent, Notice, Ask Questions and Create, *Just Breathe* gives the young reader many ways to achieve more inner peace and mindfulness. Sitting still is often quite hard for children in this age range, so the ideas of moving meditation are invaluable to help children learn to find internal focus even when they have to move. Chopra offers a prompt and instructions for each meditative activity and suggestions about where and how you should engage in that process. She also talks in a general way about the link between your mind and your body. Finding inner peace can only do a body good.

This is a useful book for parents of children with anxiety, but I can also see its benefit for parents of children with developmental issues, sensory integration problems, and other physical challenges. Sometimes reminding a child to s l o w down and breathe is one of the best ways to achieve a happier life with relaxation.

I received a Digital Review Copy of this book from Running Press Kids/Hachette and NetGalley, in exchange for an honest review.

Lauren- The Smile Lines says

kidlitexchange #partner Thanks to #kidlitexchange for sharing a review copy of this book!

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? One Kind Thought Can Change Everything. ~ Deepak Chopra?

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I have so many memories of reading quotes, books, and watching Deepak Chopra with my mom. When I saw Just Breathe: Meditation, Mindfulness, Movement, and More by Mallika Chopra (his daughter!) I was very excited to share it with my kids. I had some serious memories rushing in!

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Just Breathe is a great book for kids to learn simple, quick, realistic ways to feel happier and less stressed. Yoga, breathing, and stress strategies are discussed. The book has a ton of information!

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Many of the activities take less than five minutes! You can sneak them into the day!

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It is recommended for ages 8-12 to read independently. My kids (6 and 4) really loved the strategies while reading together. I will definitely be purchasing this one after it is released on 8/28. It will be great to have for the preteen years also!

dori says

LOVE IT! My daughter is only seven but can be an anxious perfectionist, and has happily delved in with me. It's a book that will be a helpful addition to our parenting stack for many years.. it's benefitting the whole family to work through this together, so we are exceptionally grateful for the opportunity to "test and review" via NetGalley. won't be deleting this from my Kindle, as it will see use for quite a while around here. I look forward to dropping a copy off with my daughter's counselor, who works with lots of children with anxiety issues, and I would love to see this book in schools, especially schools where stuff like this isn't always taught or thought about, with a teachers' guide. I think now more than ever it's important to make sure ALL children have access to practices like this.

Anita says

Comprehensive, practical, empowering. I have pre-ordred this and recommend it for children and adults. I'm hoping that an audible version will be available.

Anne says

I have been a student of mindfulness, meditation, and yoga for many years now and was fascinated by this book. I read it cover to cover and found some new breathing techniques to try for myself. I was unfamiliar with the breath the author shared for anger and found it works beautifully. We have several grandchildren

who will soon be in pre-adolescent stages and I am going to be sure that this book gets in their hands very very soon. Powerful, positive suggestions, ideas and techniques for managing difficult emotions, handling awkward situations, and destressing one's life.

Mrs Mommy Booknerd <http://mrsmommybooknerd.blogspot.com> says

This book was fantastic. I adored it and have used it so much with my boys. My older son has struggled with anxiety because he is so smart and driven. He can get caught up in negative mind loops. This book has helped him to focus, mindful and more relaxed. He has begun sleeping better because it is more restful and peaceful sleep. I have also loved this book. I do yoga weekly and try to practice meditation and mindfulness practices in my life. But I feel away from the mind part of the practice. This book has helped me to re-center. It is a gift for the whole family and a book I highly recommend.

Jesica DeHart says

Deepak Chopra's daughter has written an eloquent, thorough and inviting guide to meditation with plentiful practice exercises for all ages. Optimal for home, classroom or travel this is the quintessential guide to mindfulness exercises and experience.

Kate Olson says

Thanks to Running Press Kids for the free review copy!

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This is such a welcome and necessary addition to the middle grade market, and one that I think could be used quite effectively as a guided reading experience in grades 4-8 - a textbook, if you will. I will be purchasing it for my elementary and middle school libraries, and will also be highly recommending it my staff as a title to incorporate into daily classroom time. It may not be a page-turner fiction title, but it will be one that many students will pick up on their own as well.

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I am passing this review copy on to the @kidlitexchange review network for further reviews.
