

## Book Fact Sheet

### Mindfulness Toolkit: Practical Mindfulness Skills



**Author:** **Debra Burdick, LCSWR, BCN** is a licensed clinical social worker, board certified Neurofeedback practitioner, and online expert at SelfGrowth.com, located in Washingtonville, Orange County, NY. She helps people improve their lives using psychotherapy, Neurofeedback and Mindfulness. She is a frequent speaker for CMI/PESI and other organizations, teaching workshops on ADHD as well as Mindfulness Skills to psychotherapists, teachers and other helping professionals, nationally. She also provides Mindfulness training to business leaders and executives to improve their leadership and business success.

Debra is the author of four books about her Holistic Approach to Success with ADHD. Her next book, to be published in 2013 by CMI/PESI, is titled 'Mindfulness Toolkit: 111 Therapeutic Options for Overcoming Life Stressors'. Her CDs help with ADHD, sleep, and mindfulness.

**Book Synopsis:** Seasoned clinician and mindfulness teacher, Debra Burdick draws on nearly 27 years of clinical and personal experience to offer an audio collection of ten mindfulness skills that can be incorporated into daily life. They include research based practices such as awareness of breath, tasks, intuition, and 'remembered wellness' as well as core sitting meditations. They can be used to increase self-awareness and the ability to be present in the moment, to induce the 'relaxation response', to increase stress resiliency, to improve concentration, sleep, depression, and addictive behaviors, and to improve physical and emotional health.

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