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A deep understanding of mindfulness, as well as competency in teaching it, grows out of a teacher’s own regular, first-hand meditation practice and contemplative study.  From this perspective, mindfulness is best experienced as a way of being, rather than a set of techniques. You are warmly invited to join us for one of our mindfulness training retreats, classes or consultations. Email us to receive an e-Flyer of our upcoming mindfulness events. Jerome@JeromeFront.com

**2019**: **Mindfulness for Clinicians, Children & Caregivers Reading List**

Please feel free to share these Mindfulness Resources.

This is not meant to be a comprehensive list, just a place to begin and some food for thought.

**Books on Using Mindfulness with Children:**

- Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance  *by Patricia Broderick, Jon Kabat-Zinn*

- Mindful Parenting: A Guide for Mental Health *Practitioners by Susan Bögels & Kathleen Restifo*

- Brainstorm: The Power and The Purpose of the Teenage Brain  by Daniel Siegel

- The Mindful Child  and, Mindful Games, *by Susan Kaiser Greenland*

- Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)  by Eline Snel

- Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children  by Linda Lantieri

- Everyday Blessings:  The Inner Work of Mindful Parenting  by Myla Kabat-Zinn and Jon Kabat-Zinn

**Mindfulness-Based / Contemplative Perspectives (for Clinicians / adults):**

*-* Full Catastrophe Living (2013 “Revised and Updated Edition”) *Jon Kabat-Zinn*

- The Mindful Path to Self-Compassion *Christopher Germer*

- Mindfulness Meditation in Psychotherapy *Steven Alper*

- Coming To Our Senses *by Jon Kabat-Zinn*

- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life *by Jon Kabat-Zinn*

- Peace Is Every Step *by Thich Nhat Hanh*

- How to Sit by *Thich Nhat Hanh, AND,* How to Eat *by Thich Nhat Hanh*

- Silent Compassion: Finding God in Contemplation *by Fr. Richard Rohr*

**For Educators**:

- The Neuroscience of Education: Optimizing Attachment and Learning in The Classroom *by*

*Louis Cozolino*

- The Way of Mindful Education: Cultivating Well-Being in Teachers and Students  *by Daniel*

*Rechtscaffen*

- Mindful Learning  *by Craig Hassed and Richard Chamber*

- The Triple Focus: A New Approach to Education  *by Daniel Goleman and Peter Senge*

**Brain Research/ Cognitive-Behavioral: (for adults)**

- The Mindful Brain: Reflections and Attunement in the Cultivation of Well-being *by*

*Daniel Siegel*

**Creativity (for adults);** Art Is a Way of Knowing *Pat Allen*