

Breathe, Mama, Breathe

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2026-07

Synopsis

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inLanguagei¼š	english

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 Moralis outlines the benefits of daily meditation and shows moms how to do it - in just five minutes. Plus, she shares over 60 "mindful breaks" that will help moms tune in to their own well-being (along with everyone else's):

- Eat a mindful breakfast - with no phone, TV, or newspaper!
- Cuddle your child and take three deep breaths together
- Give yourself a mindful-mommy high five - because moms can use positive reinforcement, too

Every mom - whether caring for a new baby, an overscheduled grade schooler, or an angsty teen - can become a mindful mama!

Reader's comments

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