



## Praise for *Peace of Mind* Curriculum Series

*I am astounded by this beautiful curriculum. Linda and her colleagues have created a brilliantly practical guide for teachers, one that understands kids - both how they think, and their imaginative capacities.... This is a model for the classroom of the future.*

Jeff Warren, Author and Meditation Teacher

*You have done such an outstanding job and this is such a comprehensive curriculum. I am implementing your program...and strongly encouraging my colleagues in our district to do so also.*

Cathy Stainbrook, M.A.E, Professional School Counselor

*I started using the curriculum and it's wonderful! The lessons are easy to follow and very well thought out. The curriculum fits well with the Mindful Schools training that I did a few years ago. I'm very pleased with my purchase.*

Kree Barus, Grade 2 Learning Support Teacher

*This is an extraordinary curriculum, at once practical and visionary. The lessons are thoughtfully and meticulously scaffolded as the children are guided step-by-step into an understanding of how their brains work, how to interact with the world with kindness, and how to master themselves. In this age of anxiety, what could be more important or valuable than to teach children at an early age how to interpret and navigate their big emotions, calm themselves, and by extension, each other?*

Val Carroll, Early Childhood Arts Integration Educator

*We want our children to master their academics but we equally want them to master being good citizens who care about one another and the world at large. The Peace [of Mind] Program does just that. In an age where bullying has become a major problem, the Program is proactive instead of reactive, thereby eliminating some of those problems before they begin.*

Jackie Snowden, former Assistant Principal

*The importance of teaching kindness, compassion, how to get along, what to do if there is bullying, and how to handle or possibly to avoid conflicts cannot be overstated. The Peace [of Mind] program works. We have been able to see the difference between the students' ability to handle conflicts over the years and we have seen improvement.*

Lisa Jensen and Blake Yedwab, Elementary School Teachers



# Praise for the *Henry and Friends* Storybook Series

*These delightful, captivating books are full of powerful practical methods for kids - and their parents.*

Rick Hanson, Ph.D., author of *Resilient, Hardwiring Happiness, and Buddha's Brain*

*Marleigh is Mindful is a brilliant book of simple and creative mindfulness interventions by an educator who gets children. . . . By framing practice as fundamentally playful, this book brings the benefits of mindfulness and compassion to a new generation. An indispensable toolkit for every classroom and home.*

Jeff Warren, Author and Meditation Teacher

*In this simple and clear story, Tyaja Uses the Think Test, Linda Ryden offers valuable lessons for our children to bring more clarity, care and thoughtfulness to the power of words.*

Oren Jay Sofer, author of *Say What You Mean: A Mindful Approach to Nonviolent Communication*

*Linda Ryden's kids' book about Heartfulness practice, Henry is Kind, is bright, fun and engaging, which is wonderful because it means kids will love it. And, the book provides an easy way for teachers and parents to help children understand and enjoy being kind, which means adults will love it too. It is a pleasure to think of the benefits Henry is Kind may bring to children and families.*

Sharon Salzberg, author of *Real Happiness and Real Love*

*I absolutely adore Sergio Sees the Good. It's a really relatable story for both kids and adults. The science is just right - totally accessible but not "dumbed down." I love the part about the cactus because you show that it's not all bad to focus on the negative stuff and there's a logical reason why evolution didn't do away with it. I think it's also great that you touched on how one can overcome the negativity bias in daily life by noticing and feeling grateful for the "little, good things", even though that feels more effortful.*

Dr. Elizabeth Hoffman, Neuroscientist