

## Why read? ... A few short excerpts from beginning section of book:

Mental health has been a buzzword in the last few years, especially during and after the pandemic. How often have you heard the word “mindfulness” on television or social media? What does it really mean? Despite some progress, the subject is still shrouded in confusion and stigma. Our world’s mental health is in crisis. We have work to do, one mind at a time, starting with our own. When you are struggling, the right help and resources may be confusing or hard to find. You are not alone. I hear you. I am listening. I am here to help. Break downs and break throughs will happen until the day we die. No one is immune from physical or mental illness, anxiety, depression, exhaustion, burnout, dementia, job loss, crisis, death - the list goes on. These challenging times can be an opportunity to learn and grow. As Bob Dylan sings in Forever Young: “May you have a strong foundation when the winds of changes shift.”

After three decades of break downs and break throughs, I have pieced together a program of self-care, breathing exercises, contemplation practices, and therapies of all kinds. This book will demystify mindfulness, meditation, and yoga and replace it with awareness, breathing, and stretching. While acknowledging that mental illness is extraordinarily complex, I will teach you to keep it simple. We will focus on empowering you to be your own best friend. Eventually, with practice, you can be kinder to yourself and others. You, too, can be happy, blissful, even joyous.<sup>11</sup> Taking control of your mental health is a profoundly creative process. It is your own. The possibilities are endless.

We will delve into the science, spirituality, and infinite possibilities of the mind. We will create space in the body to explore emotional awareness, intelligence, the break through process, and the capacity of self-care to transform your life. Through experiential practice we will dive into the five senses as well as proprioception and intuition. I will share disciplines that worked for me and novel resources that are unfolding as we speak. A break through is different for everyone. I experienced it as soaring through dark clouds (like a bird, or plane, or Superman!) and finally seeing a gap in time and space that I could use to break through. With a clear mind, lightness of body, and open heart, I discovered that anything is possible. Empower yourself to take control of your mental health. Breakthrough not down!

