



SECOND
EDITION

Learning to BREATHE

A Mindfulness Curriculum for
Adolescents to Cultivate Emotion Regulation,
Attention, and Performance

Nurture present-moment awareness | Inspire compassion and acceptance

Teach stress-reduction skills | Learn trauma-informed practices

PATRICIA C. BRODERICK, PHD
FOREWORD BY MYLA KABAT-ZINN, RN, BSN
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