



SECOND  
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# 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  
& JON KABAT-ZINN, PHD

# Learning To Breathe A Mindfulness Curriculum For

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DeMauro, Polina P. Mischenko**



**Learning To Breathe A Mindfulness Curriculum For:**

## The Enigmatic Realm of **Learning To Breathe A Mindfulness Curriculum For**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Learning To Breathe A Mindfulness Curriculum For** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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