

BEYOND MEDITATION: making mindfulness accessible for everyone

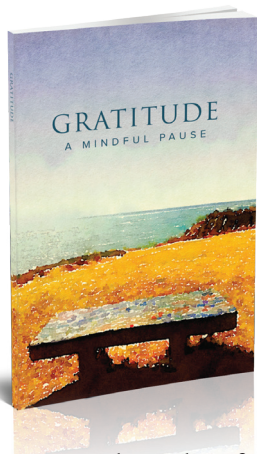
By Mira Dessy, BFA, NE, BCHHP &
Kerry McClure, BS, RYT, NC, BCHN®

Forward by Ajayan Borys | July 2017

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8.5x11 | 120 pages

Beyond Meditation: making mindfulness accessible for everyone is an essential resource for anyone seeking to understand the effect mindfulness has in one's life journey. This book is filled with practical techniques, guided meditations, stories, and other nuggets of wisdom that can help ease your journey through the world. Reading this book will touch your soul and show you how to honestly and individually meet and openly relate with the mind, embrace the fullness of your life experience, and live in a wholehearted way as you discover many different modalities of the practice we call mindfulness.



GRATITUDE: a mindful pause

By Mira Dessy, BFA, NE, BCHHP &
Kerry McClure, BS, RYT, NC, BCHN®

February 2018

ISBN #978-0988935730 | \$12.95

6x9 | 192 pages

Gratitude can be a form of meditation. By focusing on those things we are grateful for, we change our way of thinking. By taking just a few moments each day to consciously focus on the positive; to remember and write down something we are grateful for, we teach ourselves to notice more of those moments. *Gratitude: a mindful pause*, offers nuggets of wisdom and inspiration that can help ease your journey through the world with a calm mind and open heart. This journal is essential for anyone seeking to understand the impact gratitude can have on one's life journey.

MEET THE AUTHORS



KERRY MCCLURE

Kerry is a health and wellness practitioner of nutrition, yoga, meditation, mindfulness, and fitness and

creator of "The Vibrant Life

Method" online wellness course. Kerry works with people to eat, move, and practice mindfulness for better energy; a clear, focused mind; and a long, healthy life free from chronic symptoms of illness.

Kerry is passionate about helping her clients shift their lifestyle from "surviving" to "thriving" and from feeling "normal" to feeling "optimal". She is known for delivering uplifting experiences and motivation through speaking engagements, private and group consulting, teaching movement classes and workshops, and leading online educational courses and webinars.

Kerry is Board Certified Holistic Nutrition®. She is a member of the National Association of Nutrition Professionals and The Yoga Alliance. She is certified in yoga, and several fitness modalities. She brings 25+ years of experience in corporate America to her company, Kerry McClure – Practical Wellness.

Learn more at KerryMcClure.com.



MIRA DESSY

Mira Dessy is known as The Ingredient Guru.

She teaches how to navigate the grocery store's mammoth

packaged food stock, to

decipher confusing food labels, understand the relationship of food additives to poor health, and to find real food. A holistic nutritionist and a popular public speaker, she knows that it's not just what you eat, but what's in what you eat. She is the author of the book *The Pantry Principle: how to read the label and understand what's really in your food*.

She has been working with clients for over 10 years, supporting them in reaching their health goals through holistic nutrition, lifestyle modifications, and chemical cleanup. Her motto is "Eat well to be well."

Mira can be found online at TheIngredientGuru.com.



BEYOND MEDITATION: MAKING MINDFULNESS ACCESSIBLE FOR EVERYONE

DOODLE WORKSHEET

Doodling is a delightful way to practice mindfulness. Just put pen, pencil, marker, crayon, or what every implement you like to paper to get something, anything down on the page. It's not necessary to complete an image; you don't even need to set a timer (unless you want to).

Sometimes it can be difficult to get started. Staring at that blank page can be intimidating. If that's the case for you, then pick one of these prompts and use it as a starting point. The more you doodle and the more you let your creativity shine, the easier it gets.

*Circles • Squares • Your name • Flowers • Feathers • Rainbows • A favorite quote • Butterfly • Stars
Triangles • Light • Dark • Mountains • Beach • Meadow • Dreams • Music • Spirals • A letter*