Just Breathe is a gift for the whole family. With fun illustrations and simple steps, this book will empower you to feel more in control, to genuinely connect with others, and to approach life with peace and joy.
—Dr. Shefali Tsabary, clinical psychologist & author of the New York Times bestseller The Conscious Parent

Just Breathe is the book I wish I had growing up. —Tara Stiles, founder of Strala Yoga

Chopra opens the door to a direct discovery of how good it feels to be less anxious, healthier, and experience a more balanced way of life. Starting meditation young, in adolescence, is a lifelong set up for health peace and thriving. —Dr. Lisa Miller, author of The Spiritual Child: The New Science of Parenting for Health and Lifelong Thriving, and professor & founder, Spirituality and Mind-Body Institute, Columbia University, Teachers College

A charming and engaging book of life skills that speaks directly to tweens themselves, not through intermediaries like their parents or teachers. Mallika’s wonderful new book is an essential addition to your child’s bookshelf! —Susan Kaiser Greenland, author of Mindful Games and The Mindful Child

Just Breathe will help you find the inner power to better connect with friends and family, be healthier and happier, and succeed at what you want to do. —Congressman Tim Ryan

A solid addition to collections in need of meditation and mindfulness titles for tweens. —School Library Journal

Adults sharing mindfulness with children and preteens will find a treasure trove of scripts for guided practice. —Kirkus Reviews