

# Download Breathe Mama Breathe 5 Minute Mindfulness For Busy Moms

This theory of mine has been proven wrong time and time again. Like when I'm stressed out about being late, only to arrive at my destination and find out I wasn't even close to being late.. If you're trying to live in the present moment, my suggestion to you (and to me) is simple. Prepare her for the first 40 days. At first glance, I thought *The First Forty Days: The Essential Art of Nourishing the New Mother* was a book of postpartum recipes. But this book is so much more, and it's one of the loveliest new mom gifts I've come across. The DEN is your neighborhood meditation studio nestled into Los Angeles, a peaceful oasis in one of the world's busiest cities. From mindfulness meditation, to sound baths, to workshops, we offer guided meditation classes for every lifestyle, every day of the week. Weaning toddler. Not always an easy thing to do! Here are 5 tips that helped me wean my toddler gently and without too much drama.