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tsu¹¹ga²²tsa²le³³sd(i) tsu¹¹nu²²tsi³³da²



BY: NICOLE LIBIN, Ph.D.

ILLUSTRATIONS: CAM MARSOLLIER

TRANSLATOR: JW WEBSTER
Certified Cherokee Language Instructor

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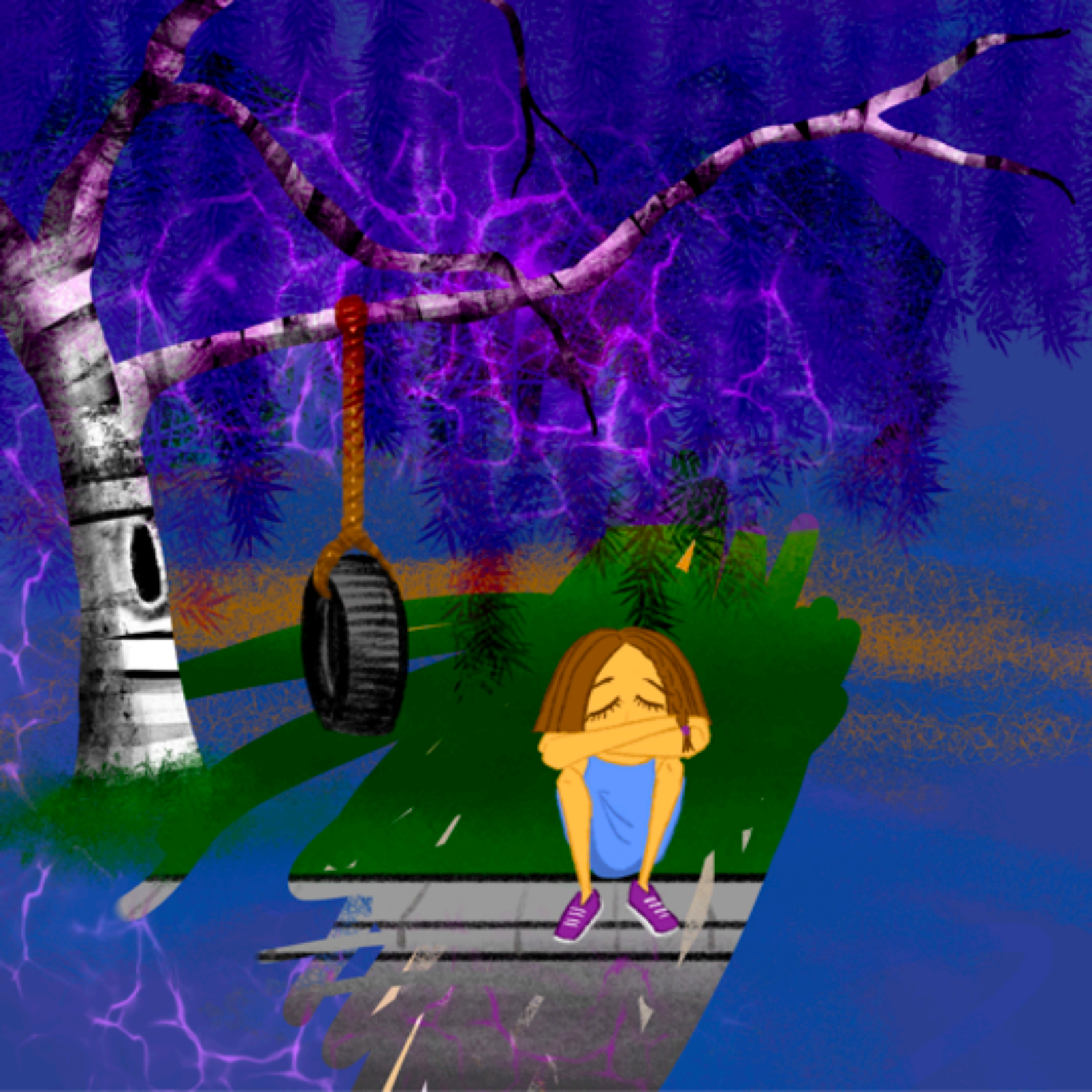
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ᑕᑦᓇ ᐅᑦᓇ ᐃᑦᓇᑦᓇᐅᑦᑦᑦ.

a²li²³ya²hnu³ u²²yo⁴ a²ye²²lu²²sge³³ʔi².
do²²yu³ u²²yo⁴ a²da²²n(u)te²sge³³ʔi².





ᱵ ᱦᱚᱱ ᱦᱚᱰᱚᱨ

ᱪᱚᱱᱚᱨ

tla² do² yu²²du²²li²he³
tsu¹¹ne²³hl(o)di²²ʔi²

ᱵᱚᱱᱚᱨ ᱦᱚᱱᱚᱨ ᱦᱚᱰᱚᱨ
ᱪᱚᱱᱚᱨ ᱦᱚᱰᱚᱨ ᱪᱚᱱᱚᱨ.

ne³³la²gi²hnu³ u²na²²li² tsa²³la²
tsu²²do³³ʔi²du² tsu²²luh³tse³
u²²du²²li²²sge³ tsu¹¹na²²ne²³hl(o)di²²ʔi².

“hi²ʔa²du³³ tsa²²hli³³gi²li²,
do²²yu³ u²²ne³³gi²hl(u)di²
ge²²se³³ʔi²!”

“\$V ማጠቃለያ ምን ማለት ነው?” ገጽ ልዩ ልዩ.



ገጽ ልዩ ልዩ, ምን ማለት ነው!



ከገጽ ልዩ ልዩ ከገጽ ልዩ ልዩ!

“ga²do² u⁴⁴sdi²
tsa²l(i)sda¹¹ne²ʔa² a²li²³ya²?”
tsa²³la² a¹¹go¹¹se²³le³.

ni²ga⁴⁴du³wu³
u²²ne³³gi²hl(u)di²
ni²ga²l(i)sta²nu²²hu²²ga²!”

“ከ” ዐፀዮ ላይኛ። “ኛህን ክፍሎን ወይ?”



“o⁴⁴,” u²²na²²li⁴
nu¹¹we¹¹se³³ጎ².
“ga²do²²wu³
hya²l(i)sta²ni²²da²?”

ደብዳቤ ማረጋገጫ ለግንባታ
ወይንም ለሌላ
ደብዳቤ

ፎካል

ደብዳቤ.

a²li²³ya²hno³
ga²no²²he²²sgu²
wa²g(a)te³³wu³
u¹¹hna²³lu³³sdi²²hu²³ጎ²,
a²sgo⁴⁴li²hnu³
da²²tsu²²lu²³ti³s(i)
e¹¹li³²sgo³³ጎ².



ᐅᐅᐅᐅᐅ
 ᐅᐅᐅᐅᐅᐅ
 ᐅᐅᐅᐅᐅᐅ
 ᐅᐅᐅᐅᐅᐅᐅᐅ.

do²³da³gwo²hnu²²du³³
 di²²gwa²la¹¹su²³lo³
 da¹¹ki²lu³²sa²du²²du²
 du²²li²ga³²l(a)su²³ʔi².

ta^{ʔ2}li²²ne³
 i²²ga²hnu³
 a¹¹gi²lo³²su²³ʔi²
 ta²ʔl(i)
 di²ga³³gwa²ti²
 a¹¹gwa²tse²²li².



ᐅᐅᐅ ᐅᐅᐅ
 ᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅ
 ᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ.

tso³ i²²ne³
 i²²ga²hnu³
 ga²²da²²ha²
 a¹¹gwu³³ne²²lu²
 wa¹¹gi²lu²³gw(o)du²
 a¹¹gwa²²hna²wo³³ʔi².”

ᐅᐅᐅ ᐅᐅᐅ
 ᐅᐅᐅᐅ ᐅᐅᐅᐅᐅ
 ᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅ.



ዑሃቢ ጥቅፍ ላይ ለገጠና
ድሃና ለገጠናዎች ልረጅ
ወይንም ልረጅ፣ ጽሑፍ ለገጠና፣
ወይንም ላይ ለገጠና ለሌሎች
ወይንም ለገጠና ለሌሎች ልረጅ።

nu²²gi²²ne³ i²²ga²hnu³ do²²gwa²le³³lu²
di²²gwa²²ne²³hl(o)do²di² a¹¹ki²yo²²hlu²
di²²gwa²de²²l(o)gwa¹¹sdi⁴⁴ጎጎ?
a²²se³³hno³ so²ጎጎ?hnu³ a²tsu²³tsa³,
ma²³g(a)si² tsu²²do³³ጎጎ?du²,
u²²tlo⁴⁴yi² do²²gwa²le³³lu²
ni²ga⁴⁴du² du²²go²²tuh³³ta²ne³ si³
wu²²na¹¹ki²yo²²hlu³³n(a) a²ya².



ገጠናዎች ለገጠና ለሌሎች
ወይንም ለገጠና ለሌሎች
ወይንም ለገጠና ለሌሎች ልረጅ።
ወይንም ለገጠና ለሌሎች ልረጅ።

ዕለገገ ገጠና

tsu²²n(a)gi²²lo⁴⁴sdi²hnu³ e²²tsi² su³³hli²²lo⁴⁴du²
u²²lo²²su²²sd(i) tsu²²lu²³hw(i)sda¹¹n(e)hd(i)
nu²²l(i)sta¹¹ne²²le³³ጎጎ? hi²ጎጎ?a²du³³
su²²n(a)do²³da³gwa¹¹sd(i) tsi²ge²²su² do²²yu³
u²²ne³³ጎጎ?hl(v)di² ge²²se³³ጎጎ?.

ta² li²²ne³ i²²g(a) di²²t²sa²lo[?]
su² ta²l(i) di²ga³³gwa²ti²

ወደ ገንጠል ለገገጠህ ወደ ገንጠል



ከገገጠህ ወደ ገንጠል
ከገገጠህ ወደ ገንጠል!

ni²di²²t²sa²ni²²yu²³su³³na²
ge²²su³³ገ². ni²hi²hn(u)
t²sa²du³³ne²ገ²a²!

ga²²da²²ha³ tsi²hn(a)du³³ne²²lu²³ገ²i²
tso³ገ²²ne³ i²²g(a),

እሁን ከገገጠህ ገንጠል ገንጠል



ወደ ገንጠል ለገገጠህ ወደ ገንጠል
ወደ ገንጠል ለገገጠህ ወደ ገንጠል!

a²²se³³hnu³ t²sa²do²²d(u) e²²li²³g³wu³hno³³
hyi²nu²²ga²la² tsi²tso¹¹se²²lu²³ገ²i²,
a²le³ no²³g³wu(u) u²²d(a)nu²²ga²lu⁴⁴da².



DRIDU, O'KADUJ TG'ADUJ D'P'ADUET! S'PKSU- 9BP Dd O'G'U'P O'HT.

RH AG'ADUJ DIL'ADUJL FFD. O'G9 T'S J'ADUJ Q'ADUJL S'U'LUJ.

DY'ADUJ G'ADUJ H'F'ADUJ, I'ADUJ G'ADUJ DILU'W. O'HTU- O'Q'Y'P'LU. R'F'U'F S'EZ'ADUJ J'ADUJ DLSPT?

OHG!

K'ADUJ'ADUJ ADU'U'U!

G'LU'ADUJ ADU G'ADUJ DILU'VT.
V'AG'ADUJ ADU'U'U?

V'U'. G'VLU' ADU'U'. H'S'LU'ADUJ I'ADUJ G'ADUJ Q'ADUJ'V G'LU'ADUJ.

a²li²³ya²hnu³, u²²tso⁴⁴seh²d(i) i²yu⁴⁴sd(i) a¹ye²²lu²²sgu²³gi²!

ga²l(i)tso²³de²hnu³ wu²²yu²²tlu² a²le³ u¹¹hwa²tu²²he³ u²²tsi²²gi².

“e²²tsi² go²²hu⁴⁴sd(i) a¹gwa²l(i)sda¹¹ne³ ge²²li³³ga². u²²yo⁴⁴w(u) i²³ga⁴ gu⁴⁴sd(i) nu²²l(i)sta¹¹ne³ ga²nu¹¹da²di³³ga². a¹gi²yo⁴⁴hne³ yu⁴⁴sd(i) tsi²ge²²so³, u¹¹sgi² yu⁴⁴sdi² a¹gwa²da²²n(u)ta².”

u²²tsi²²hnu³ u²²hnu²²g(i)tlu²²ne³³gi². “e²²li²³gwa³ke³ yi²gu²²no²²hi²s(i) gu⁴⁴sdi² a¹gwa²de³³tlu³³gi²?”

“ha²wa²! o²²si²²gwa³du³³ sgi²na²²na²!”

“yu³³da³³ha⁴⁴du³³ sgi² yu⁴⁴sd(i) a¹gwa²da²²n(u)to³³gi².”

“do²²hi²yu³³sgo³ sgi²na²?”

“do²²du³³. tsa²do²²da²hnu³ sgu²gi². ni²ga⁴⁴da²wu³du³³ u¹¹sgi² yu⁴⁴sd(i) nu²²n(a)da²²n(u)to³ yu³³da³³ha⁴⁴gi².”



ᱠᱤ ᱦᱚᱱᱚᱛᱤ ᱠᱚ.

hi² a² nu? ¹¹we¹¹se³³ʔi² u²²tsi².



ᱠᱚᱱᱚᱛᱤ ᱠᱚᱛᱚᱱᱚᱛ...

“go²²hi³³gi² tsi²ge²²su²...”

ፀጌ ለሃዕብ ግድ ገጽ
ወይንት ለወይንት

ግድ ገጽ ወይንት ለወይንት.

“na²²gwa³hno³ di²²gi²²nu²³tsi³³da² u²²yo⁴⁴gwa³ i²³ga⁴⁴ገ²
a¹¹n(a)de²²lo²ho²²sgo³³ገ² a²le³ u¹¹sgi² yu⁴⁴sd(i) a¹¹da²²n(u)te²²sgu²
i²²gi²²no²²se³ho³³ገ² gu⁴⁴sd(i) u²²yo⁴ ge²²su²²ገ² ga³n(a)ye¹¹g(i) a²le³ yi³g(i).





ከሆሮ ደሴጌ ገገው ለጎሮጎህ

ጥገላት ወግ

ከጎሮጎህ ልህ. ከሆሮ ገገው ከጎሮጎህ.

ni²²da²tse²²tlu³³n(a) a²da³³n(u)teh²di² i²³tsu³³la²²ha² di²ga²²tsa²le³³sdoh²di²

i²²gi²²lu³³go³³ጎi² sgwu²

ni²²ga²du²²li²²hu³³na² yi³gi². ni²²da²tse²²tlu³³n(a)
i²²ga²da³³n(u)teh²di² ni²ga²l(i)sda¹¹ne²²ho³³ጎi².”



VGᄁA ᄁLVᄁᄁ Dᄁᄁᄁ DC ᄁᄁ ᄁᄁᄁᄁ? Dᄁᄁ ᄁᄁᄁᄁ.

“do²²yu³³sgo²¹ ni²²da²tse²²tlu³³na²w(u)
 a²da³³n(u)teh²di² a²tli³ i²³ga⁴
 tsu²²da²²hyi²lu³³tsa²ti²?”
 a²li²³ya² u²²tu²³du³³hne³.



Vᄁ, ᄁᄁᄁ ᄁᄁ. Aᄁᄁᄁ ᄁᄁᄁᄁᄁᄁ ᄁᄁᄁ
 ᄁᄁᄁ Dᄁ ᄁᄁᄁᄁ ᄁᄁᄁᄁ Vᄁ ᄁᄁᄁᄁᄁ. ᄁᄁᄁᄁ
 Dᄁᄁᄁᄁᄁ Aᄁᄁᄁ ᄁᄁ Dᄁ Aᄁᄁ Dᄁᄁᄁᄁᄁᄁᄁ.
 ᄁ ᄁᄁᄁᄁ ᄁᄁ ᄁᄁᄁ ᄁᄁ ᄁᄁᄁᄁᄁᄁ ᄁᄁᄁᄁ ᄁᄁᄁ
 ᄁᄁᄁᄁᄁ. ᄁᄁᄁᄁᄁ ᄁᄁᄁᄁᄁᄁᄁᄁ.

“do²²du³³,” u¹¹du²²hne³ u²²tsi². “go²²hu⁴⁴sdi²
 di²²gi²²da²²n(u)te²³sgo³ u²²yo⁴⁴du³³ yu⁴⁴sd(i)
 a²le³ ga³n(a)ye¹¹g(i) i²yu⁴⁴sd(i) do²²yu³
 di²ga²²ya²lu³³gi². u²nu²³tsi³³da²
 a¹¹go²²hw(a)ti³³sgo³ go²²hu⁴⁴sdi u²²yo⁴ a²le³
 go²²hi³³da² a¹¹n(u)da²di³²sgo³³ i². tla² tsu^ᄁ 22sa²
 yi³gi² u²³go¹¹d(i) u²²yo⁴ ti²go²²hw(a)ti³³sgu²
 si³hnu³ da²²tse²²tlu² ge²²su²²ᄁi². ni²ga⁴⁴du³wu³
 yu³³da³³ha⁴ u¹¹na²tso⁴⁴seh²da¹¹ne²²ho³³ᄁi².



ሎሊቶጠ ወይስ ርዕይታዎቹ ከሌሎች ጋር ለመነጨ ምን ምክንያት?
ደብዳቤ ይጻፉ ለሌሎች ወይስ ለሌሎች ደብዳቤ ይጻፉ ለሌሎች ደብዳቤ ይጻፉ

“ha²²n(u)da²di²³ho³³s a²gu²²yi⁴ tsa²de²²hl(o)gwa¹¹sgu²
chi²²ya¹¹ki²lu³³doh²di² ta²ገl(i) di²ga³³gwa²ti²?”
a²li²³ya²hno³ a¹¹l(i)sgu³²sge³³ጎi². “do²²yu³ sda⁴⁴y(a) tsi²ge²²su² a²gu²²yi⁴
a²le³ hi²lu⁴⁴sg(i)he²²n(u) tsi²na¹¹gi²lo³³n(u)ta²nu²³ጎi².”



“ከሌሎች ጋር ለመነጨ ምን ምክንያት?” ደብዳቤ ለሌሎች ደብዳቤ ይጻፉ

“ሆስት ጠቅላይ ርዕይታዎቹ ከሌሎች ጋር ለመነጨ!”

ወይስ ርዕይታዎቹ ከሌሎች ጋር ለመነጨ ምን ምክንያት? ደብዳቤ ይጻፉ ለሌሎች ደብዳቤ ይጻፉ

“ni²go²³hi³³lu⁴⁴hnu³³ ha³³ne²²hl(u)di²²hu² a²hi²²di²ge³ n(i)tsa²l(i)sda¹¹ne²le³³ጎi²
do²²ka³?” a²li²³ya³hno³ ta²ጎli²²ne³ a¹¹l(i)sgu³²sge³³ጎi².

“u²²tlo⁴⁴yi²du³³ di²²gi²²nu²³tsi³³da² a¹¹n(a)da²²n(u)te³³sgo³.
u²²nu²³tsi³³da² da²²tse²³la³²go³³ጎi² a²de²²hl(o)gwa¹¹sgo³³ጎi².”

“iḁyḁ Oʻo-kL DSḄLḁA JḁJ hLVPḐ FḁRT

SGAḐ JP JAVJIT?”

“u¹¹sgi^{2s} u²²nu²³tsi³³da² a²de²²hl(o)gwa¹¹sgo³ gu⁴⁴sd(i)
ni²²da²tse²²tlu³³n(a) ge²²su²²?i² du²²yu²²g(o)du² di³³tl(u)
di²gu²²g(o)doh²di²²?i²?”



VḐ, Oʻk OḐ JIT, OʻLKḁLJ hFRḐ,
SGAḐ TYAGḐJ, ḁSSAL.
DḐḁ OʻLḐḐT.
ḁTLJWḐ, ḁyḁSW DYAGḐJ
ḁḐḁRḁ ḁḁḁḁ FḁRT. DYḐ-kL, L
hḐḐ FḁR ḁhḐḐḁḁḁḁ ḁḁḁḁ.

“do²²du³³,” u²²tsi² u¹¹du²²hne³³?i²,
“u²²da²²tso⁴⁴sda¹¹neh²di² ni²ge²²su³³n(a),
du²²yu²²g(o)du² i²²gi²²go²²hw(a)tuh²di²,
yi²de³³du²²g(o)da³.”

a²li²³ya²hnu³ u²²da²²n(u)te²hle³³?i².

“ya¹¹gwa²²ne³³hl(u)ta²n(i)du³³, ya¹¹g(i)sde²²l(a)
a¹¹gi²go²²w(a)tuh²di² nu²²n(a)da²le²²su²³wu³
o²²si²²gwu³ ge²²su²²?i². a¹¹gi²nu²³tsi³³da², tla²
ni²ga⁴⁴d(u) ge²²su² yi²²ni²ga²l(i)sdi²²he³
nu²²sdi²²da²?nu².”

DEጅዑ, ሐጻኑ ገረዳሊ. ገረዳሊ ፀ ገረዳሊ

ገረዳሊ ገረዳሊ.

ገረዳሊ ፀ ገረዳሊ ገረዳሊ ገረዳሊ

“a²gu²²yi⁴hnu³, ha²wi⁴⁴ni² i²²da²²hwo²²l(a)da²gi³.
i²²di²²hwah²ta² na² gu⁴⁴sdi²

o⁴⁴sdu² i²²ga²da²²n(u)teh²di².

gu⁴⁴sdi² na²²nah² yi³g(i) e⁴⁴gwa²
u¹¹hnu²²kol²²(a)tu⁴⁴ i²,



ገረዳሊ ገረዳሊ ገረዳሊ ገረዳሊ



ገረዳሊ ገረዳሊ ገረዳሊ ገረዳሊ ገረዳሊ ገረዳሊ
ገረዳሊ ገረዳሊ ገረዳሊ ገረዳሊ ገረዳሊ ገረዳሊ

u²sdi⁴ a²le³ yi³g(i) u²²lu²³sa²?di²
ka²li⁴ a²ma², u¹¹sgi²na² i²yu⁴⁴sdi².”

u¹¹de²²ti²yi³³hu² a²da²³neh²di² a²le³ yi³g(i),



TY&V&oB Dd T&O~oA

කමර් ජය ජොඤ්ඤා. ඔබගේ ඔ ක්‍රියාව
ඔබගේ කමර් ක්‍රියාවලියකි.

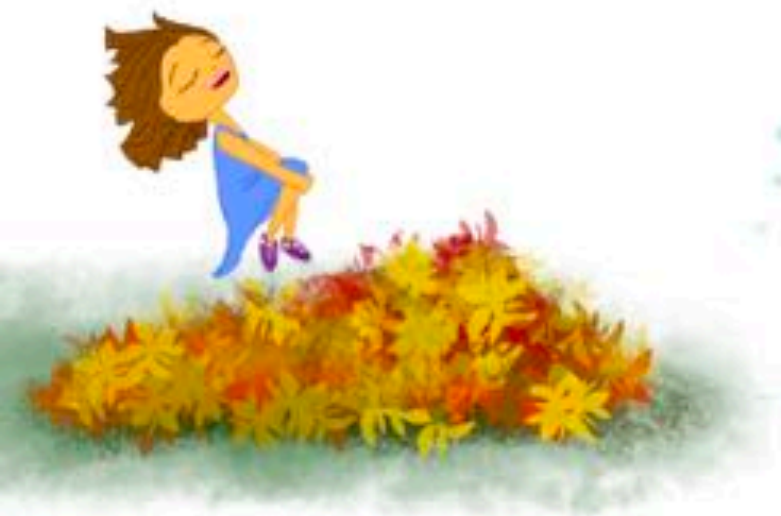
“i²²gi²²g(a)to³²hu²si² a²le³ i²²ga²²n(v)te³³sdi²

o⁴⁴sdu² ge²²hu² gu⁴⁴sd(i) i²²ga²da²²n(v)teh²di²² ටි.
na²²sgi²ya³ na² tsi²du²²lv³³sa²di² v¹¹sgi²na² o⁴⁴sdu²
tsi²de³³ga²da²²n(v)ta²di¹¹sdi²²sgo³³ටි.”

“P!”

ደዮጾ ዐፍጣጥ, ደጃገፅ ጥሃጠርጃፊጃ ጥፍጠፋጣ።

ጸ²ጠ²³ሃጸ² ሀ¹¹ድግ²²ከኑ³³ኅ²,
“ጸ²ከ⁴⁴ድ²ድግ³³ ገ²²ገ²²ኑ²³ድጠ³³ሃጠ¹¹ሀጠገ²
ገ²²ገጸ²ድጸ²²ከ(ሀ)ጥክ²ድገ²²ኅገገ².







ພຣົວມາ ອາຍຸພູ, ດຣັດ ອາຍຸ ດອດທາດ ຈອສຸທອມ ມຣ.
 ຍວງສ ມາ, ດຣັດ ອາຍຸ ດອດທາດ ດຣັດ ອາຍຸ.

“Dh,”

ອາຍຸ ມາ, “ອາຍຸ ສຸທອມ ມາ ມາ?”

su²²n(a)do²³da³gwa¹¹sd(i) wi²nu²²l(i)sta²n(a), a²li²³ya² u²²na²²li²²hnu³ a¹¹na³³ i²²se³³
 i² tsu²²n(a)de²²hl(o)gwa¹? ? ¹sdi² di³³tlu². ki²la³³wu³de² go²²hi³³da², a²li²³ya²
 u¹¹hna³²sgwa²lo³³?e³³?i² a²le³ u¹¹nu³³tse³³?i².
 “a²yo⁴⁴,”
 u¹¹du²²hne³³?i² tsa²³la², “u²²yo⁴⁴s de³³ga²lo²²si² hi²?a² tsa²²hli³³?i²li²?”



“VᄁDYᄁ Rᄁ ᄁᄁᄁᄁᄁ ᄁᄁᄁ
ᄁᄁᄁᄁᄁᄁᄁ ᄁᄁᄁᄁᄁ!”

“do²²sg²n(i) e²li²² yi²²tsi²ne²²dli²²y²³na³ hi²?a²nu³
su²²n(a)do²³da³gwa¹sdi² wa²le³³nu²²hu²²?i²!”



About the Author

Dr. Nicole Libin is a certified mindfulness educator, adjunct professor, and author of *Mindful Parenting in a Chaotic World* and *5-Minute Mindfulness Meditations for Teens*.

She has led mindfulness workshops, classes, and retreats for adults, adolescents, and children, and anyone else who will let her stop and take a breath with them. She has taught and designed mindfulness curricula and other courses for Mindful Schools, Mount Royal University, and private organizations.

As an expert worrier, Nicole decided to write this book when, like Aria, she realized she didn't have to be stuck focusing on the negative. She's still working on it . . .

Nicole lives in Calgary with her husband Cam and her daughter Aria (who really does love unicorns).

About the Illustrator

Cam is many things, but an artist isn't one of them. He tries very hard though. He's ridiculously in love with his wife and daughter who are more amazing than a personalized barn full of unicorns, and twice as inspiring.



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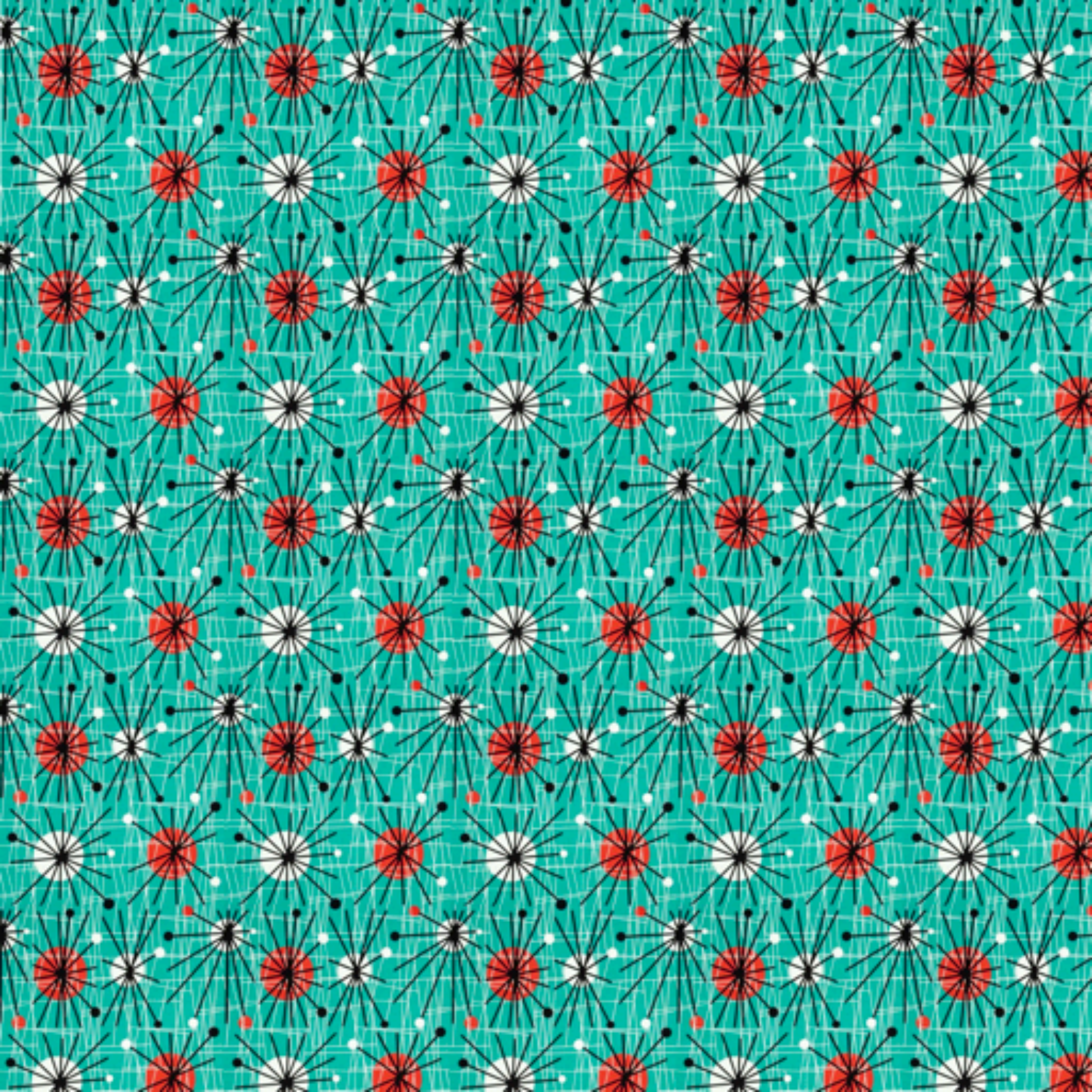
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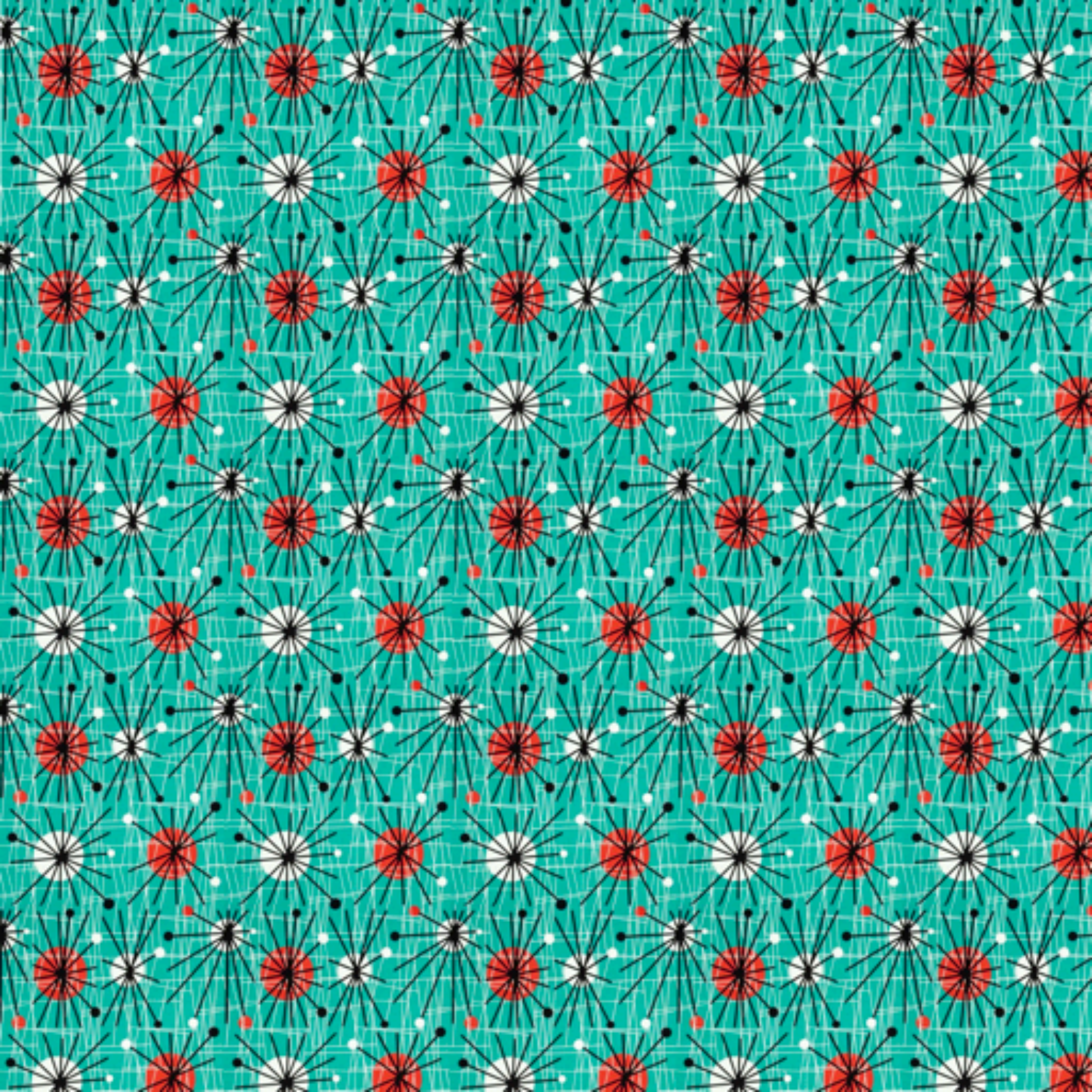
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Bad Thoughts Are Sticky!

Aria is having a tough week. All she remembers is the bad stuff that happens.

Then she discovers something amazing: her brain gets good at what it practices.

(Yours does too!)

She learns to make good thoughts stick too, just by paying attention in a new way.

Join Aria in exploring how to use your own brain-changing powers!

The book includes additional information on mindfulness, negativity bias, and neuroplasticity as well as exercises and activities for children and their families.

“This beautifully illustrated story shows how we can stay mindful and value our blessings. A treat to share with your kids. A bright and creative ‘Self Reg’ book.”

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“Sticky Brains is a playful yet powerful book that will help young children (and the adults who love them) understand why our brains get stuck on the negative, and more importantly support them in developing the ability to see and enjoy the positive.”

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