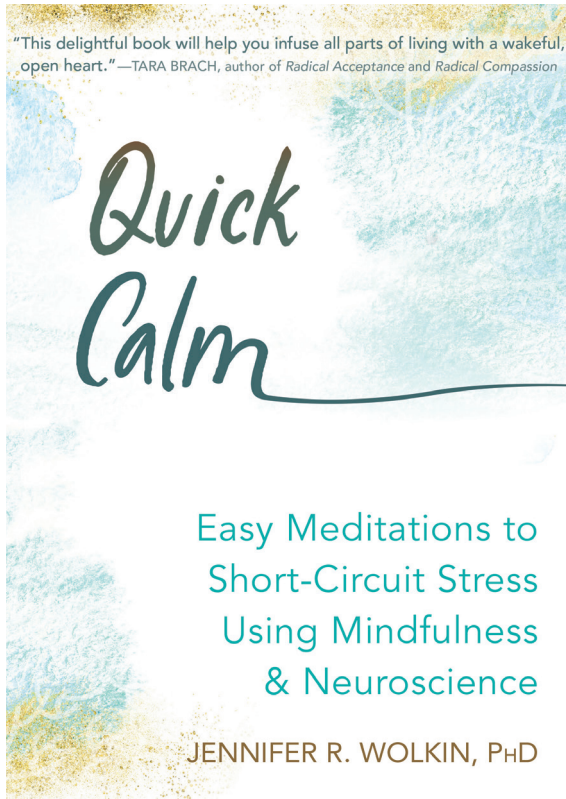


QUICK CALM

Easy Meditations to Short-Circuit Stress Using Mindfulness and Neuroscience

PRESS KIT • 2021



APRIL 1, 2021

978168403608 / \$17.95 / 6x9 / 184 pages

In this guide you will find:

- 30 expertly curated and research-backed, evidence-based practices that can be incorporated into everyday life
- Quick, user-friendly mindfulness-based exercises that will help alleviate stress and feelings of overwhelm
- Inspiring mantras and takeaways to help us learn to cultivate self-love and forgive ourselves if we miss a day (or month...or two) of mindful practice, like "practice makes practice!"
- Reminders to ground yourself in what you value most and give yourself and others compassion
- Ways to develop your own lifelong, convenient mindfulness practice that fits your unique needs and schedule

Calm the Chaos and Rewire Your Brain in Just Five Minutes a Day...

Now more than ever, we are experiencing stress at an unprecedented rate. Stress reducing tools and therapy are less available to us and socialization feels like a distant memory as we are still at home a year into the pandemic. If you're feeling this way, you aren't alone. Every day it feels like there's something new to juggle or a fresh crisis to avert. And just keeping everything in the air requires an exhausting amount of attention and a dizzying amount of responsibilities. The more chaotic life becomes, the more we tend to forget what we truly value—from family and friends to mental and physical health. Fortunately, there are things you can do to stay grounded that won't eat away at your increasingly precious time.

Written by a Harvard-educated, licensed clinical neuropsychologist, in *Quick Calm*, author Jennifer Wolkin, PhD, speaks to the brain's incredible, adaptable ability to rewire itself for wellness from the routine of just five-minutes each day. As we grow, our brains internalize, and form connections based on the experiences we've had. But our brain is not static, it's forming new connections constantly, ever-changing, a concept known as neuro-plasticity.

Quick Calm offers easy to consume, expertly curated meditations that are grouped into informal, formal and mindful living categories to help combat daily stress and anxiety. These practical examples help cue our brain's innate ability to go beyond survival, and even find joy in the every day.

In this fun, accessible guidebook, you'll discover the what, why, and how of developing your own mindfulness practice. You'll learn all about the essential, life-affirming benefits of this ancient practice, including mindfulness meditation's positive effects on both mind and body. And, most importantly, you'll find daily practices you can do in just five minutes a day!

Quick Calm provides accessible stress reducing tactics through mindfulness. A tool box of practical methods to access calm quickly in any moment. Tools for a lifetime of mental peace, focus, and purpose.

So, if you're ready to discover the gift of mindfulness, but you don't have the time to attend a meditation retreat, set aside five minutes a day with this handy little guide.

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What People are Saying

“Quick Calm is a practical, accessible guide to help us leave the well-worn paths of stress and anxiety and navigate toward greater peace. This book reads like a wise friend speaking to you—and not just any friend, but one who’s a brilliant neuropsychologist. Quick Calm is exactly the book we need right now. This very minute.”

—Maggie Smith, best-selling author of *Good Bones* and *Keep Moving*

“Jennifer Wolkin is a competent and kind guide who will accompany you on a journey to integrate mindfulness into your everyday life. She combines practicality and originality, offering both education and unique exercises designed to cultivate a consistent practice. Quick Calm is a resource you will return to again and again to help you live with less stress and more purpose.”

—Alexandra H. Solomon, PhD, clinical assistant professor at Northwestern University, licensed clinical psychologist, TEDx speaker, and author of *Loving Bravely* and *Taking Sexy Back*

“Quick Calm is a wonderful book for your meditation tool kit. With meditation ‘how-tos’ and thirty mindfulness exercises, it provides a dive into the present moment anywhere.”

—Sharon Salzberg, author of *Real Change*

“Jennifer Wolkin has taken the guesswork and excuses out of getting in touch with your inner self and staying there. She has broken down the art of mindfulness in practical, easy-to-use ways that, if consistently incorporated, will enhance your everyday living for a lifetime. Everyone should have a marked-up, tattered copy of this book by their bedside. It’s not a book; it’s a survival guide.”

—Spirit, PhD, LPC, NCC, national board-certified and licensed therapist, owner of T2S Enterprises, media personality, and mental health expert

“Quick Calm is an excellent resource that empowers us to approach our lives with more compassion and loving-kindness. The easy-to-follow steps are informative and nourishing. From seated meditation to mindfulness with everyday life tasks, this book enhances the journey to self-awareness and balance.”

—Thema Bryant-Davis, PhD, licensed psychologist, ordained minister, author, and host of *The Homecoming Podcast* with Dr. Thema

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About the Author

Jennifer R. Wolkin, PhD



Jennifer R. Wolkin, PhD, is a licensed clinical neuropsychologist, writer, speaker, and mental health advocate. She founded a private practice with an appreciation that our mind, body, spirit, and brain, and spirit are intimately intertwined and impacted by one another. She draws heavily on tools such as cognitive behavioral therapy (CBT), biofeedback training, mindfulness-based techniques, and often utilizes the healing potential of the expressive arts.

She is currently pursuing her master's degree in creative writing with a poetry focus.

You can find her on Instagram @drjenpsych_.

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Questions for Jen

- Who is this book for?
- What will the reader gain/benefit from this book?
 - What's the best way to read/use this book?
- How is this book different from any other mindfulness book?
 - What does it mean to rewire our brains for wellness?
- Do I have to already be a “meditator” to benefit from this book?
- Will I benefit from this book if I'm not into that “new-age” stuff?
- Why did you write this book? What need did you see in your practice?
 - Why is mindfulness practice so important for our overall wellness?
 - What does it mean, and why is it important, to short-circuit stress?
- Would five minutes a day of practice really help me with stress and anxiety?

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