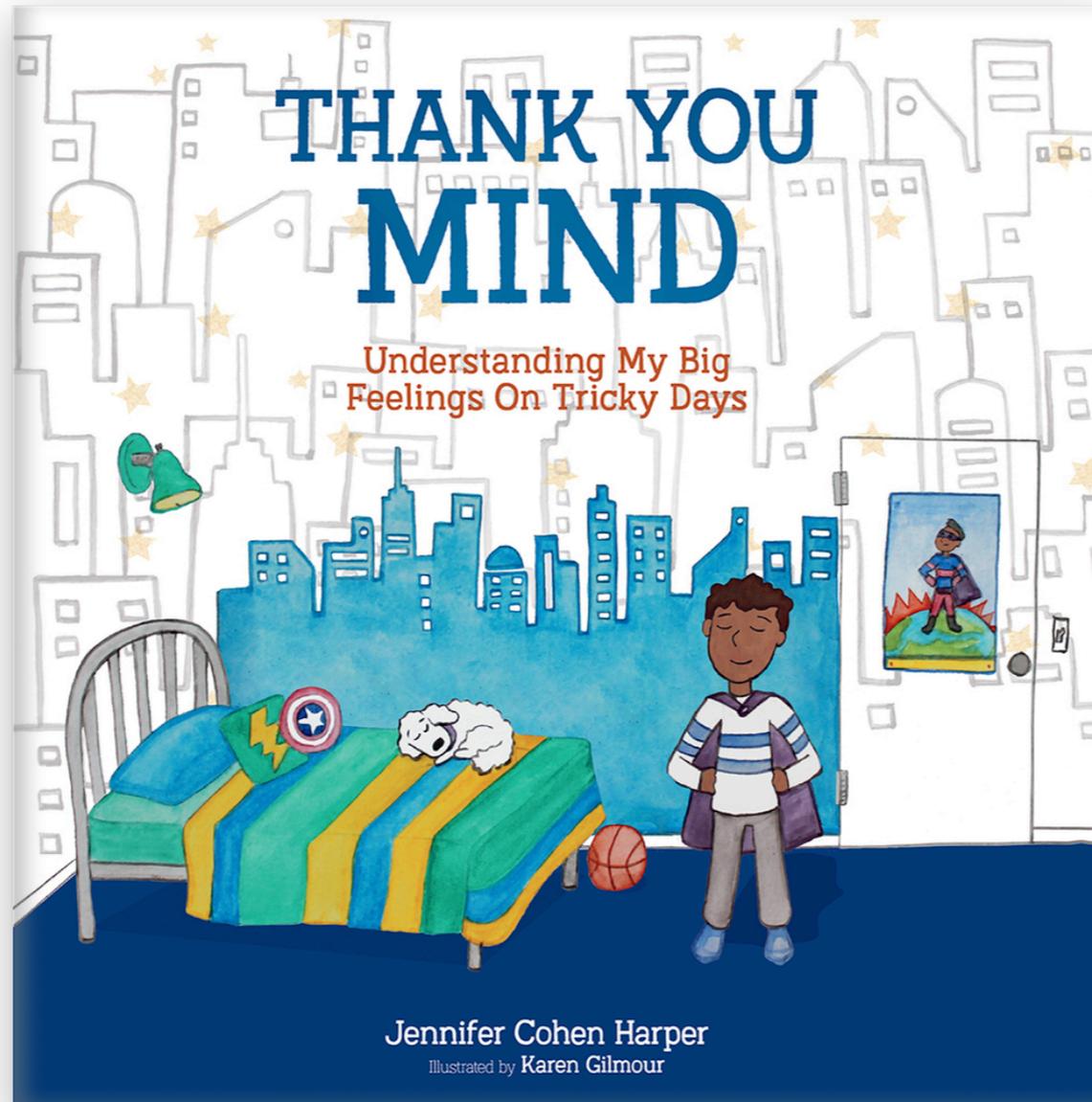


THANK YOU MIND

Understanding My Big Feelings on Tricky Days

By Jennifer Cohen Harper



PESI Publishing & Media

Released: November 13, 2020

Suggested Retail: \$16.99 – Hardcover

Juvenile Nonfiction/Health & Daily Living/

Mindfulness & Meditation

ISBN 9781683733454

In this inviting exploration of a wide range of emotions - from anger to boredom to awe - children will discover how their mind can help them make sense of their experiences.

*"The world gets confusing.
There's so much to know.*

*I feel overwhelmed and don't
know where to go.*

*Then I remember that I can
slow down, do one thing at a
time, feel my feet on the
ground."*



An amazing resource wrapped up in a colorful and charming book that children will enjoy reading night after night.

Thank You Mind comes at a significant time when fear and sadness dominate an already complex world.

Filled with skill-building passages and techniques, this book teaches our children how to calm their minds, navigate challenges, and bring clarity to their world when they need it most. It also includes meaningful tips for caregivers to help their children learn how awareness, self-compassion, and positive self-talk can be powerful tools even on the trickiest days.

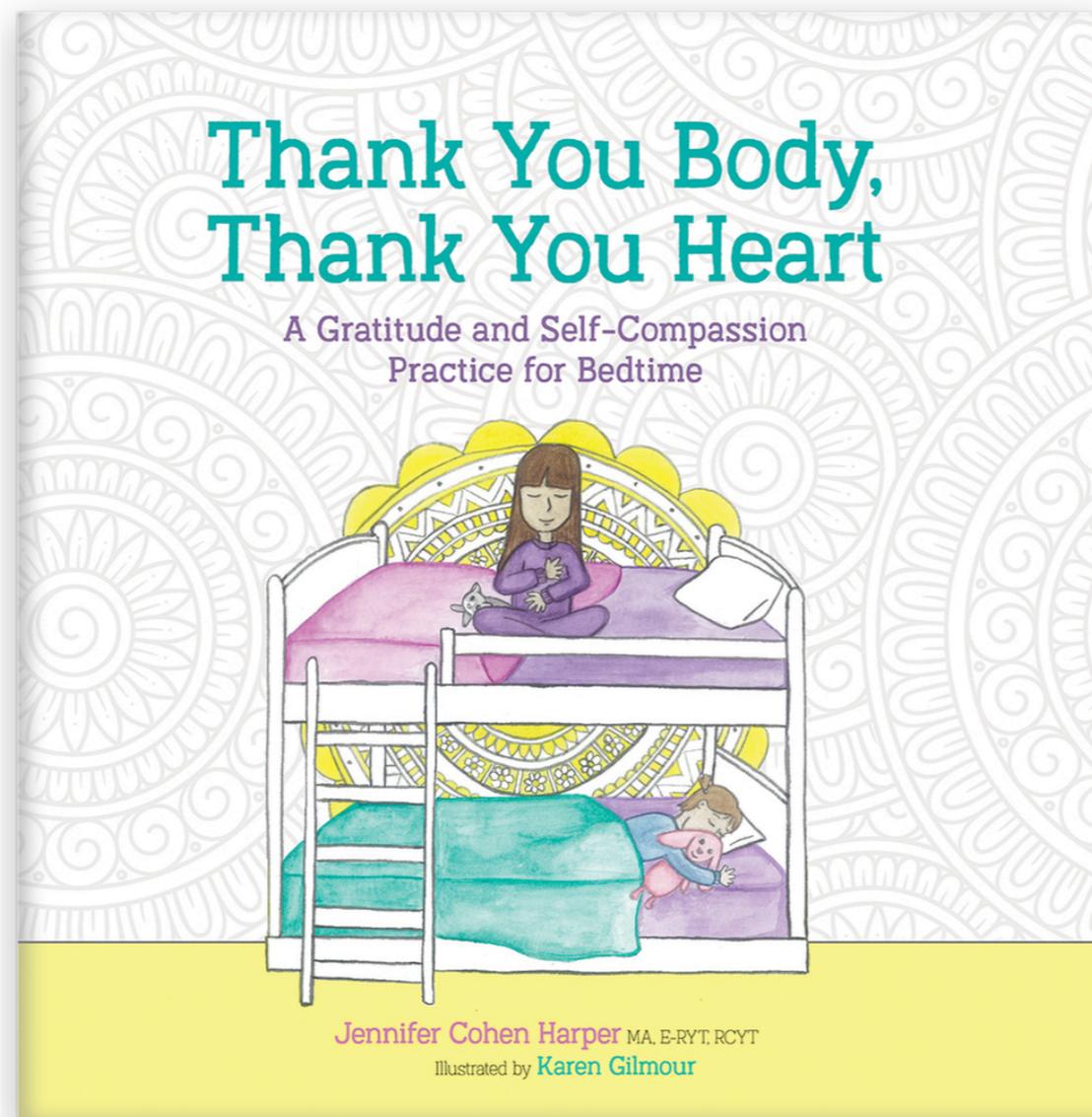
- The US meditation and mindfulness business is valued at over \$2 billion.
- Meditation is recognized by the CDC as the fastest growing complementary health practice in the US.
- Currently over 5% of children in the US practice meditation. The use of meditation, mindfulness and yoga is growing quickly in schools and daycares.



Thank You Body, Thank You Heart

A Gratitude and Self-Compassion Practice for Bedtime

By Jennifer Cohen Harper



PESI Publishing & Media

Released: October 15, 2019

Suggested Retail: \$16.99 – Hardcover

Juvenile Nonfiction

ISBN 9781683732600

Invite your child to explore the many reasons to be grateful for their own body in this engaging bedtime practice.

Make this colorful and charming body-scan book a regular part of the nighttime routine, and help the children in your life establish greater self-awareness and self-compassion.

This book also includes helpful notes for caregivers, explaining how self-compassion and gratitude are powerful tools for well-being, leading to more peaceful sleep, better mornings and the cultivation of resilience for meeting life's challenges.

*"Thank you heart for
beating steady.*

*Whether I'm nervous or
brave you're always
ready.*

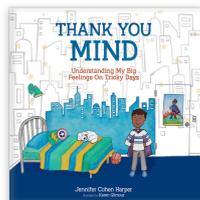
*Supporting me in all I do,
I'm strong and proud
because of you".*



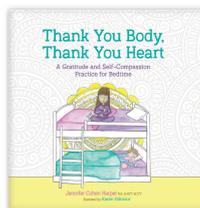
Current Distribution

- Top Amazon rankings:
 - *Thank You Mind* ranked **#12 in Children's Health Books** and **#531 in Books Overall**
 - *Thank You Body, Thank You Heart* ranked **#1 New Release in Children's Health Books**
 - Frequently ranked in categories of Children's Health Books, Children's Emotions Books, and Mindfulness Books
- Sold in-store and online at Barnes & Noble and Whole Foods, as well as numerous independent bookstores
- Online presence at both major and select specialty retailers, including:
 - Target, Walmart, BAM, Indie Bound, Book Depository, Goodreads, Bookshop
- Currently distributed by Ingram, Baker & Taylor, Bookazine, and other wholesalers, and directly from publisher
- Online presence at Amazon worldwide including: Amazon.com, and Amazon UK, Australia, Brazil, Canada, China, France, Germany, India, Italy, Japan, Mexico, Netherlands, Singapore, Spain, Sweden, Turkey, United Arab Emirates

amazon



★★★★☆ 4.7 out of 5
183 global ratings



★★★★★ 4.8 out of 5
192 global ratings

#1 New Release in Children's Health Books



Having 2 little girls of my own I'm often looking for a 'helping hand' to answer the myriad of questions swirling around in my girls' heads. This Daddy doesn't always have the answers, but it's books like "Thank You Mind" that can educate BOTH my little girls AND myself and my wife along the way.

- JOHN C CURTIS



I can imagine so many ways to use this book. This is a perfect read to support little ones during the complex times we are facing to help them find stability and make sense of what they are experiencing. This sweet read will spark wonderful conversations and the illustrations are charming!

- JENNIFER BREEN

Recent Media & Marketing

MEDIA

- With Whit Podcast Guest (1.4 million followers)
- Seeker + Sage Podcast Guest
- Kristin McGee's Top 5 Mindfulness Books for Kids Blog Post
- (2021) The Kids Yoga Podcast Guest
- (2021) Psychotherapy Networker Magazine Print + Online Kids and Families Edition special issue: Featured interviewee
- (2021) National Kids Yoga Conference Book Reading and Giveaway event
- (2021) Mabel + Moxie article: *Empowering Kids to Navigate Challenging Times*

LIVESTREAM EVENTS

- Omega Institute Community Conversations Series: *"Kids and Anxiety in Turbulent Times"*
- Child and Adolescent Mental Health in an Uncertain Time (Online Conference Featured Speaker): *"Help Kids Foster Personal Power and Internal Safety: Practices for School and Home"*
- Innovations in Psychotherapy 2020 Online Conference (Online Conference Featured Speaker): *"Embodying Resilience: Using Movement to Navigate Anxiety and Build Personal Power in Children"*
- Building Personal Power and Navigating Stress: Yoga & Mindfulness Practices for School & Home (PESI Live Online Webcast)
- Yoga International Live: *"Helping Children Navigate their Experience of the Pandemic"*

MARKETING

- Featured on Direct Monthly PESI E-Mail Blasts – List of over 1 million subscribers
- Dedicated blast to educators and parent lists, approx. 350,000 e-mails
- Ongoing dedicated emails to Little Flower Yoga and Mindfulness list of over 25,000 parents, educators and mental health care providers
- Full page, full color ad in Psychotherapy Networker magazine (Jan/Feb 2021 in kids/families special issue)
- Featured on PESI Publishing & PESI, Inc. homepages
- Featured on homepage of author's new website launching mid January
- Featured on PESI and LFY Social Media – Twitter, Facebook, Instagram, LinkedIn
- Video blog on PESI.com

Featured Articles and Interviews

ARTICLES

HUFFPOST

[How To Raise Grateful Kids](#)

mabel + moxie

[How To End The Bedtime Struggle And Instead Connect With Your Kids](#)

THRIVE  GLOBAL

[5 Ways to Help Children with Coronavirus Anxiety](#)



RED TRICYCLE

[How to \(Really\) Create Peaceful Sleep Rituals for Your Family](#)

Beautiful
MOMMIES
JULIANN'S REVIEWS

[Teaching Children Gratitude](#)

BOOK REVIEWS



[Book Review: Highly Recommend New Children's Gratitude Bedtime Book](#)



[Help Children Sleep Better with a Sweet Book About Mindfulness](#)



[Top 5 Mindfulness Books for Kids](#)

INTERVIEWS

OMEGA

[Kids & Anxiety In Turbulent Times](#)



YOGA INTERNATIONAL

[Helping Our Kids Manage Strong Feelings Around School Re-Entry](#)

news12

[Cultivating Gratitude for the Whole Family](#)

Endorsements



“A delightful and accessible introduction to the science of emotional intelligence for all of us, this new book is a guide to embodied awareness for the new learners in our families--and for the children in our families as well!”

RHONDA MCGEE, JD, MBSRT

Author of [The Inner Work of Racial Injustice](#)



“A must-have children's book for anyone sharing mindfulness with young people! As a mother and a mindfulness educator I'm thrilled to add this book to my mindfulness essentials resource list!”

MEENA SRINIVASAN

Author of [Teach, Breathe, Learn & SEL Every Day](#)



“With Thank You Mind, Jenn Cohen Harper brings kids (and their adults) on another empowering journey through our daily emotional landscapes, and all the challenges and joys along the way.”

CHRIS WILLARD, PSYD

Author of [Breathing Makes it Better](#) and [Growing Up Mindful](#)



“Thank you Body, Thank you Heart, is a treasure of a book that helps children connect gratefully and compassionately to their bodies and minds. The loving messages and soothing illustrations make it a perfect bedtime book with a calming and affirming message.”

MONA DELAHOKE, PHD

Author of [Beyond Behaviors](#)



“Jennifer Harper Cohen has created a marvelous gift for parents and teachers to guide children to healthy self-awareness and gratitude for the awesome gift of life!”

DANIEL J. SIEGEL, MD

NY Times bestselling author of [The Whole Brain Child](#)



“This beautiful gratitude book should be on everyone’s shelf. The emphasis on our insides, vs what we look like on the outside, helps kids see how amazing they truly are while helping them slow down and rest.”

SUSAN VERDE

NY Times bestselling author of [I Am Series](#)



“With a steady cadence and easy to remember rhymes, Jennifer Cohen Harper crafted a lovely bedtime ritual and placed it between the covers of her new children’s book.”

SUSAN KAISER GREENLAND

Author of [Mindful Games](#) and [The Mindful Child](#), founder of Inner Kids



“Children feel very vulnerable at night. This warm wonderful book helps them get to sleep while teaching beautiful lessons of mindfulness, gratitude, and self-acceptance. I wish someone had read it to me when I was young!”

RICK HANSON

Author of [Buddha’s Brain: The Practical Neuroscience of Happiness, Love and Wisdom](#)



About the Author

Jennifer Cohen Harper, MA, E-RYT, RCYT, is a mindfulness educator, author, public speaker and mother, who works to support children in the development of strong inner resources.

She is the author of the popular children's books *Thank You Mind* (2020) and *Thank You Body, Thank You Heart* (2019), as well as the creator of numerous yoga and mindfulness based card decks, activity books and other resources for children and families.

Jennifer founded Little Flower Yoga and Mindfulness in 2006. As the Founder and CEO, Jennifer brings embodied mindfulness programming and education to schools and community organizations nationwide, serving students, families, educators, and mental health care providers.

Jennifer's work has been featured in prominent publications including the *NY Times*, *The International Journal of Yoga Therapy*, *Publishers Weekly*, *Yoga Journal*, and the *Huffington Post*. Jennifer's work has been endorsed by thought leaders including Dr. Daniel Siegel, Rick Hanson, Sharon Salzberg and Congressman Tim Ryan. She is a frequent presenter at mindfulness, yoga, education and mental health conferences, and teaches regularly at renowned retreat centers including Omega Institute, Kripalu, and 1440 Multiversity.

Jennifer
COHEN HARPER

FOLLOWERS

EMAIL LIST **26,934**

FACEBOOK **15,203**

INSTAGRAM **7,384**

FEATURED ON

The New York Times

HUFFPOST

yoga
JOURNAL

PUBLISHERS
WEEKLY **PW**
PUBLISHERS WEEKLY

Psychotherapy
NETWORKER

NEW YORK

Books and Card Decks by Jennifer

