

TABLE OF CONTENTS

“THE VISION”	5
DEDICATION	13
INTRODUCTION — How I Began This Journey	19

PART ONE: THE MOMMY LECTURES

Chapter 1 — As You Begin This Journey	29
Chapter 2 — Maintain a Healthy Body	35
The Importance of ... WATER — 37	
The Importance of ... SLEEP — 39	
The importance of ... BREATHING — 42	
Chapter 3 — Maintain a Healthy Mind	47
Chapter 4 — Prayerful Meditation and Spiritual Health	53
Chapter 5 — Your Moral Compass — Who Influences Yours?	61
Chapter 6 — How We Impact Each Other’s Lives	67
Chapter 7 — Respecting Each Other’s Personal Path	71

PART TWO: THE HOWs and WHYs and OTHER LESSONS

Chapter 8 — The Physiology and Science Behind Meditation	79
Chapter 9 — Meditation and the (Teenage) Brain	87
Chapter 10 — Stress Response vs. Relaxation Response	93
Chapter 11 — Causes and Effects of Stress	99
<i>The Struggle of The Butterfly</i> — 107	
Chapter 12 — Take a Breath — Try to See The Big Picture	109
Chapter 13 — Equip Yourself with Healthy Tools!	115
Chapter 14 — The Mind-Body Connection to Music	123