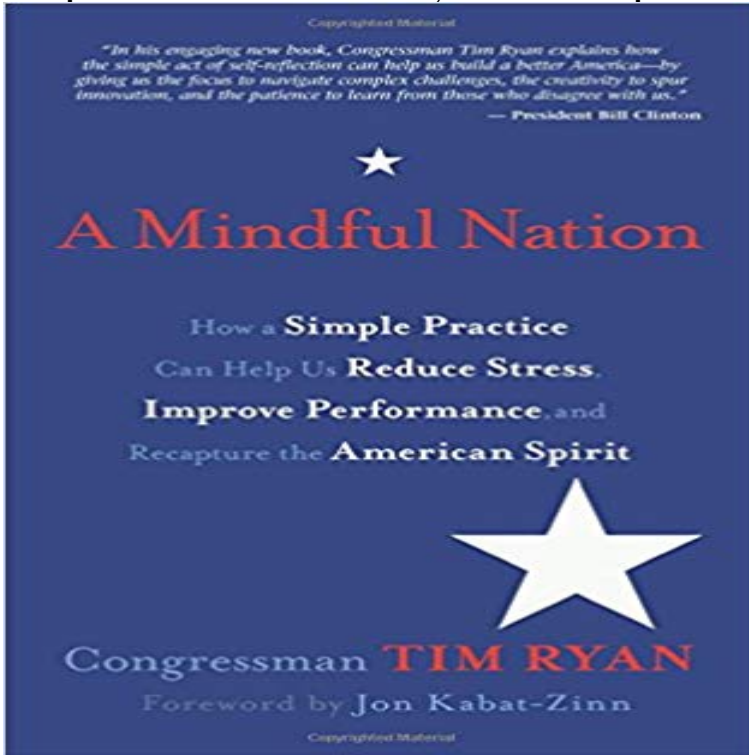


# A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit



All across America, people are running faster and faster yet falling farther behind. The economy struggles, wars rage on, and every week brings news of another environmental disaster. Despite this bleak outlook, strands of quiet hope and confidence are emerging. People are beginning to face challenges in a new way: they are slowing down, paying attention, and becoming aware of their inner resources. Based on the timeless practice of mindfulness, the natural capabilities of our brains and minds, and the core American values of self-reliance, determination, and getting the job done, this new way is affecting every sector of our society. In *A Mindful Nation*, Congressman Tim Ryan connects the dots between what's happening in the classrooms, hospitals, boardrooms, research labs, and military bases across the country. He explores the scientific findings that support the beneficial effects of mindfulness and shares powerful stories from the field, showing how this simple practice is helping schoolchildren improve their ability to learn, veterans heal from trauma, and CEOs become more effective leaders. Ryan also provides practical tips for how to incorporate mindfulness into your life today. *A Mindful Nation* paints a picture of emerging solutions that benefit both you and society as a whole, showing us that there is something we can do, right here and right now. With a hard-nosed understanding of politics, government budgets, and what it takes to get something done, Ryan combines a practical approach with a hopeful vision for how mindfulness can help reinvigorate the American Dream.

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