



The Mindfulness Matters Program for Children and Adolescents

Strategies, Activities, and Techniques for Therapists and Teachers

Randye J. Semple, PhD and **Christopher Willard, PsyD**

Foreword by **Lisa Miller, PhD**

“Clinicians and teachers are on the lookout for time-tested approaches to introducing mindful awareness practices to children and teens. Drawing on their many years of experience, Semple and Willard address this critical need magnificently. This is the first book to provide a research-based, developmentally appropriate mindfulness program to support recovery, build resilience, and cultivate flourishing in a range of clinical and educational settings.”

— **Patricia A. Jennings, PhD**

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