Both were created by young African-Americans who have a lot to say, and unique and hard-hitting ways of putting problems of whiteness front and center. The "post-racial America" illusionary bubble has been burst. With mindfulness being taught in an increasing number of schools, many students are learning how mindful practices can help them deal with busy school days, high expectations, relationships, and the omnipresence of social media. The book is a satirical take on the same territory covered in their first book, but this book, which chronicles their improvement schemes in daily journals running in parallel, leads them to some very funny and also very painful and even a little disturbing places. Do not try this at home. The Mindfulness Habit: Six Weeks to Creating the Habit of Being Present © 2015 by Kate Sciandra. All rights reserved. No part of this book may be used or reproduced in any manner whatsoever, including Internet usage, without written permission from Llewellyn Publications, except in the case of brief quotations embodied in critical articles and reviews. First Edition First Printing, 2015 Book design by Bob Gaul Cover art: www.iStockphoto.com/455341/©Zuki Cover design by Lisa Novak Hourglass graphic by Llewellyn Art Department Llewellyn Publications is a registered trademark of Llewellyn She makes creating the habit of mindfulness manageable, and this is the best book that I've read so far about integrating meditation and/or mindfulness into daily life. I also really like the fact that she uses journal writing as an integral part of the program. Journaling can help solidify the experiences and it's a great record to come back to later. And we must be ever gentle with ourselves because, as she reminds us, people spend their lifetimes working toward this. Mindfulness has been a mental health goal of mine for years, and this book has been very helpful in helping me help myself. This is one satisfied customer. Read more.