

Lesli Johnson, MFT



Happy Holidays - 2017

Dear Lesli,

Do you know why people say "[Rabbit Rabbit](#)" on the first day of the month? I didn't until recently. It's supposed to bring good luck...especially if rabbit rabbit are the first words you utter in the morn. I'm not really superstitious but I thought sharing a bit of lighthearted fluff might be a nice idea. You can say "Tibbar Tibbar" before sleeping tonight for the same effect. (Just saying!)



I'd like to share an app called [INSIGHT TIMER](#) that I've been using regularly and sharing with clients. It's full of guided meditations and talks by Tara Brach, Jack Kornfield and Sharon Salzberg just to name a few. It's loaded with binaural music, yoga Nidra for sleep and also various timers and chimes for sitting practice. Here's one of my favorites called [Loving and Listening to Yourself](#).

The practice of mindfulness is truly a game changer.

Take a few minutes and see!

November was National Adoption Month. [Listen to my Coming Out of the Fog Episode on Adoptees ON](#)



Join us for
TEEN AdoptCONNECT
share • support • learn

Teen AdoptCONNECT meets the
2nd THURSDAY
of each month
7-8:30pm in Pasadena. Our next meeting is:
December 14th, 2017.
This group is free but we'd appreciate an RSVP if possible.

(You can download a flyer and registration form below.)

[Teen AdoptCONNECT Flyer](#)

[Teen AdoptCONNECT Registration form](#)

As always, please feel free to reach out and ask any questions about the above,
[**Adoptive Parent Coaching**](#) or anything else that's on your mind.

Wishing you a peace-filled, joyous holiday season!

Connect with me on [FACEBOOK](#), [TWITTER](#) and [INSTAGRAM](#)

With gratitude,
Lesli Johnson, MFT
www.yourmindfulbrain.com



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