



November 2020

Make Every Moment Matter

# New Content Announcement



## Monthly Blog:

### Awareness of Breathing: A Q&A with eMindful Teacher Jim Austin

eMindful Lead Teacher Jim Austin is a familiar face in the wide variety of programs he teaches, but his journey into mindfulness had a few pit stops along the way before he finally found his true passion. Learn more about Jim and how mindfulness has helped him feel more fulfilled.

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## 7 Days of Addressing those Addictive Behaviors

### Description:

Connecting with the breath is a powerful way of calming the nervous system. We can use the breath to stay present with cravings without reacting. The more we practice, the more we begin to automatically turn to the breath as a way to calm ourselves and addictive behaviors.

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### Episodes:

- The Roots of Addiction
- The Delicate Balance
- From Addiction to Alignment
- Stress Signals
- Facing Cravings
- Strength in Compassion
- Riding the Rush