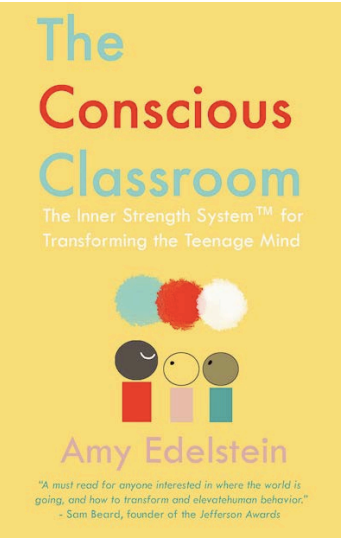


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FOR IMMEDIATE RELEASE

The only mindfulness program to teach teens to de-stress *and* deal directly with complexity...



The Conscious Classroom

The Inner Strength System™ for transforming the teenage mind

Amy Edelstein, author & founder of Inner Strength Foundation

Foreword by Amir Freimann, founder of Israel's national Education & Spirit Organization

"Amy Edelstein's *The Conscious Classroom* is a must read for anyone interested in where the world is going, and how to transform education, and elevate human behavior. 42% of the world's population is 25 years old and younger. Amy's *Inner Strength System™* offers teens all around the world a compass to gain inner peace, find their unique purpose, and motivate them to serve others."

—**Sam Beard**, founder, with Jacqueline Kennedy Onassis, the *Jefferson Awards*, & GIFT, service programing for eight US Presidents, creating 10 million jobs in American low-income communities.

The Conscious Classroom illuminates the principles underlying the most effective classroom transformations. The author's Inner Strength System™ is already supporting thousands of teens in inner city high schools in Philadelphia, teaching kids to de-stress, think systemically, and develop greater care for self and others. In a world so cynical about public education, Edelstein's work, which has been empirically validated, shows that education for well-being really works.

The Conscious Classroom relies on the contemplative environment created through the application of mindfulness tools. Hardly new to the world of mindfulness, Edelstein draws from her own 35-years experience practicing and teaching these tools internationally. As powerful as mindfulness is, she has recognized that it is not enough. She uniquely pairs contemplative exercises with the art and science of systemic and developmental thinking. Teaching adolescents to understand the long-term influences on their experience—300 million years of brain development, 50,000 years of social growth, 800 years of recent cultural change—helps teens recognize that it is not just because of their zip code, melanin quotient, or socio-economic bracket that makes them react the way they do. Learning how to see their experience in a broader context empowers and excites youth. And we all know that curious students are the best learners, and engaged learners become responsible adults who contribute and help shape a better future.

Given how rapidly our world is changing, changes that give rise to emotional as well as practical upheaval, our youth urgently need an education that prepares them both inwardly and outwardly to succeed, find purpose, and be happy. This book shows educators, parents, and everyone concerned about the next generation a well-thought through, illuminating, and uplifting educational system, one that supports kids today and sets the foundation for their well-being in the world of tomorrow.

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About the Author

Amy Edelstein, educator, author, and public speaker is a powerful communicator of ideas that can transform ourselves and the culture we live in. In 2014, she established the Inner Strength Foundation, which has trained over 3600 teens in Philadelphia high schools to work with the tools of mindfulness and systemic thinking and realize their higher potentials. Amy is also cofounder of Emergence Education, which develops transformative educational programming for adults. She has thirty-five years experience with contemplative practice and is author of four other books including *Love, Marriage & Evolution*, *Great Awakenings*, and the *Inner Strength Teachers Manual*.

Praise for *The Conscious Classroom* and the Inner Strength System™

“This is an inspiring book that looks towards the future with open possibility. Amy Edelstein skillfully shows us the power of mindful awareness in developing clarity and perspective and how these benefits can ripple out far and wide.”

Diane Reibel, Ph.D., Director, Mindfulness Institute, Thomas Jefferson University

“This book is a wellspring of life-giving water in the heart of the contemporary educational desert!”

Mirabai Starr, author of *Caravan of No Despair* and *God of Love*:

“Without a doubt, young people need the mental skills that enable them to learn, understand themselves, and relate to others as they move toward taking their place in the world as adults. The Inner Strength System is designed to cultivate these wholesome habits of mind through mindfulness, self-discovery, and engagement with others. Rooted in mindfulness practice, the curriculum is unique in its inclusion of social and cultural history, which offers a particularly important perspective for adolescents who experience its impact on their daily lives. This very accessible program offers an engaging, compassionate, and culturally relevant experience for youth and can be of great value to them at this critically important time in their lives.”

—**Patricia Broderick, Ph.D.**,

Bennett Pierce Prevention Research Center, Penn State University, author of *Learning to Breathe*

"The Inner Strength System™ is an excellent example of how mindfulness is being introduced in education. The program teaches well-researched mindfulness-based methods of self-regulation and compassionate understanding of oneself and others in a way that high school students can easily understand and apply. I highly recommend this program be adopted by as many high schools as possible!"

—**Scott McBride**

Director, Clear Light Meditation Center, Sr. Trainer, U. Penn Mindfulness Program

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By Amy Edelstein

Emergence Education Press

ISBN 13: 978-1-4027-5657-3

Price: \$17.95 (Canada: \$19.95)

Pages: 260, Paperback, 5.25 x 8

PUB DATE: DEC 1, 2017

Bookstores: order wholesale from: www.EmergenceEducation.com



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