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Snap! Julie Potiker, 2022-12-19 Helping you move out of emotional chaos and into a state of calmness author Julie Potiker introduces her SNAP Method evidence based mindfulness practices that are easy to learn remember and do anywhere even in the heat of the moment This handy acronym has the clever addition of a somatic component to help people handle chaos with the snap of their fingers Trained in multiple mindfulness and human development systems Potiker has distilled her deep and expansive knowledge into a program that meets people where they are overwhelmed overextended and over the top Potiker has figured out what works for the millions of multi tasking women parents caregivers and anxious individuals who have never felt more perpetually pulled in multiple directions SNAP is for time constrained people who desperately need new responses to life stressors while still juggling their daily worlds of family work relationships health and home Praise for SNAP The SNAP method is brilliant In one simple practice Julie Potiker integrates brain science mindfulness compassion and other effective tools for lifting your mood easing anxiety calming stress and opening your heart Full of practical wisdom she leads readers through funny stories tender care and many different applications of the SNAP method Throughout she is a super smart encouraging and hopeful friend A wonderful book Rick Hanson PhD Author Resilient How to Grow an Unshakable Core of Calm Strength and Happiness Life is rarely as easy as a snap but Julie Potiker finds a relatable way of helping you contend with the most challenging experiences of life by using her clever and easy SNAP method Tapping into our natural capacity for healing and ease and building on solid science Julie leads the reader into a place of greater wellbeing and joy Super accessible and incredibly practical this book will become your best friend in times of need Steven Hickman PsyD Licensed Clinical Psychologist Executive Director Center for Mindful Self Compassion Founding Director UC San Diego Center for Mindfulness This book is a handy resource for managing difficult emotions based on the elegant acronym SNAP The author Julie Potiker generously shares her personal experiences and even a few poems to illustrate how mindfulness and self compassion can help us cope with life s challenges Rest assured help is just a snap away Christopher Germer PhD Lecturer Part time Harvard Medical School Co developer Mindful Self Compassion training Author The Mindful Path to Self Compassion

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