

MEET THE AUTHOR



Lisa M. Klein

THE MEDITATION AND MINDFULNESS EDGE

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"Meditation has been my secret ingredient for having the edge in my professional and personal life."

-Lisa M. Klein

Dr. Klein's Tedx talk

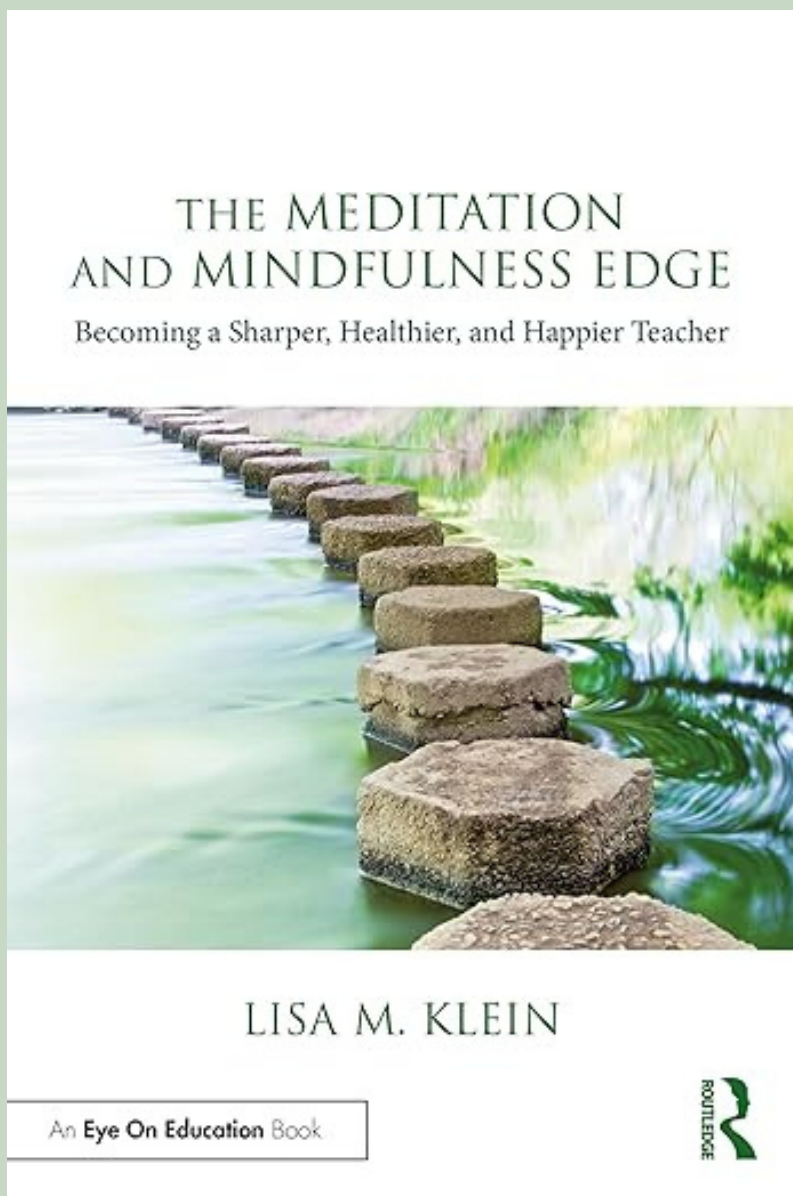
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Lisa Klein's journey into meditation and mindfulness began over thirty years ago. She discovered meditation as an introverted, anxiety-ridden undergraduate who quickly realized its physical and mental health benefits. Through meditation, she was able to cope with her anxiety and learned to develop her voice. During her 20+ year career as a high school English teacher, department chair, and university instructor, she witnessed first-hand the high levels of stress and teacher burnout of her colleagues as well as the growing number of students who suffer from anxiety. This led her out of the classroom to Scotland where she completed a Masters of Science degree in Mindfulness Studies at the University of Aberdeen. Combined with her research and experience in meditation, she has researched the mental and physical health benefits of mindfulness that she now dedicates her life to sharing with people of all ages.

As a certified meditation teacher, Dr. Klein has been teaching meditation privately and conducting workshops since 2003. In addition to being a teacher of Vedic meditation, she is also certified to teach mindfulness meditation through the Mindfulness Association of the UK.

LET'S CONNECT





People of all ages and career fields will benefit from the insights shared in this generous and heartfelt book. Learn how meditation and mindfulness practices can enable you to not only survive but to flourish in the workplace and in your personal life. Dr. Lisa Klein presents powerful findings on the effects of meditation on teachers, which can serve as an exemplar for anyone looking to better cope with stress, anxiety, or conflict. Revealing the positive effects that meditation had on her and her own career in education, she shares personal stories that demonstrate how meditation may offer a balm to help one stay healthy mentally and physically

while tapping into higher levels of awareness, including experiences of self-actualization and synchronicity. In addition, she offers practical, simple strategies for both developing teacher presence and shifting to a more positive classroom energy. This powerful book moves beyond basic self-care tools to help you develop a new, lifelong practice. Anyone involved in education can benefit from this book, as can anyone interested in learning more about how meditation can help with health and well-being in general.



The Meditation and Mindfulness Edge **is Essential Read for Mental Health Awareness**

The publication of *The Meditation and Mindfulness Edge*, by **Dr. Lisa Klein**, couldn't come at a more critical time. The growing importance of mental health awareness has encouraged people of all ages and walks of life to check in with themselves and find resources to help them manage conflict, stress, anxiety, and depression. The practice of meditation is endorsed by health care practitioners as a complementary mental health approach.

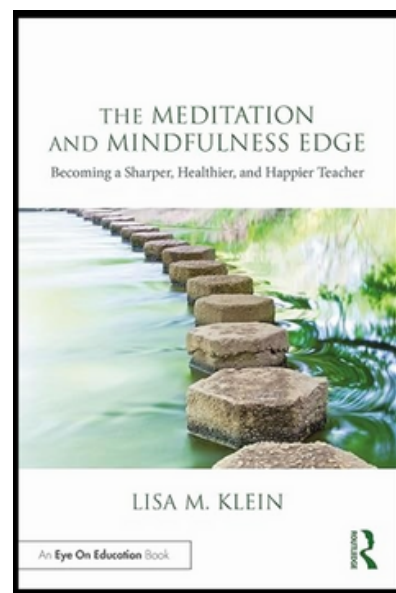
In her book, published by Routledge/Taylor & Francis Group (2024), Lisa Klein presents how meditation and mindfulness practices can improve one's mental and physical health and overall sense of well-being. Dr. Klein explains, *"I'm excited to share not only the research and benefits of these techniques, but also my personal experience as a high school English teacher who used meditation and mindfulness to find balance for myself and my classroom."*

Part research, part narrative, and part tips and suggestions, the book is a must read for anyone looking for ways to be healthier and happier, while functioning at their highest level. Through the lens of a high school teacher dealing with her own stress and the mental health concerns of her students and colleagues, this book provides advice and strategies for all involved in education. The lessons Dr. Klein presents translate into any profession or area of life where stress, conflict, or anxiety may occur.



As a certified meditation teacher, **Dr. Klein** has been teaching meditation privately and conducting workshops since 2003. In addition to being a teacher of Vedic meditation, she is also certified to teach mindfulness meditation through the Mindfulness Association of the UK. A certified teacher of both the Mindfulness Based Living Course (MBLC) and the Mindfulness Based Living Course—Young Adult (MBLC—YA), she provides group instruction to adults and adolescents which includes a blend of informal and formal mindfulness practices. In 2008, she completed her doctorate at Duquesne University focusing her research on the effects of meditation on teachers.

Dr. Klein also holds a Masters of Science in Mindfulness Studies from the University of Aberdeen in Scotland.



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Lisa Klein's book is available at:
Amazon, Barnes & Noble,
Blackwell's, Hudson Booksellers

More about Lisa Klein:
www.lisakleinmindfulness.com

“Lisa Klein’s book captures a career at the chalkface, the challenges, joys and moments to shine that teachers can engineer, all infused with a heartfelt compassion and honesty. The role of mindfulness and compassion in Lisa’s journey show a deep conviction that contemplative practice can enhance all aspects of the teacher and their art, ranging from pedagogy to dealing with trauma and stress.”

Graeme Nixon, *Ph.D., Professor and Programme Director, Studies in Mindfulness, University of Aberdeen.*

“Lisa Klein’s book is a must read for teachers who are practicing meditation/mindfulness or thinking about starting a meditation practice. The book is filled with daily examples for how meditation/mindfulness can be helpful to a teacher. Lisa includes her journey as a teacher and how meditation was helpful at each stage. This book will resonate with teachers seeking ways to improve their practice as well as nourish their wellbeing.”

John Miller, *Ph.D., Professor, Curriculum, Teaching and Learning, Ontario Institute for Studies in Education at the University of Toronto*

“Lisa shares her strategies in this articulate and comprehensive book. Lisa provides the tools to activate a healthy and mindful meditation practice for anyone, anywhere, anytime. She enables the non-believer to believe in the process and the active veteran the opportunity to take a deeper dive. Lisa is a rare gem, a precious gift to those longing for a healthy, mindful lifestyle.”

Kiesha Lalama, *Managing & Artistic Director of the Point Park University Pittsburgh Playhouse*

“As a practicing healthcare provider I understand the importance of meditation and mindfulness to help my patients but Lisa Klein’s insightful book makes the case for the provider to practice what they preach. The parallels between education and healthcare are so strong. Substitute the word patient for student and curriculum for documentation and account both career’s for low pay and increasing demands from the top and you can see how both have high burn out rates. The author makes a compelling argument for the benefits of meditation backed by research and packaged in an easy to read enjoyable format that may help any healthcare provider and their patients as well as teachers who the book is intended for. I strongly recommend this book.”

Amazon Verified Purchase Review

“As an educator constantly navigating the complexities of the classroom, you will find Dr. Lisa Klein's book to be a breath of fresh air...Dr. Klein masterfully combines her personal experiences with robust research to illustrate how meditation can significantly enhance a teacher's focus, calmness, and mental sharpness. Her narrative is not just informative but also deeply inspiring, offering a ray of hope for educators struggling to maintain their well-being amidst the chaos of teaching. What makes this book stand out is its practicality. Dr. Klein doesn't just theorise about the benefits of mindfulness; she provides actionable strategies for cultivating presence in the classroom and fostering a positive learning environment. Her simple yet effective techniques are a testament to her profound understanding of the challenges teachers face daily.”

Amazon Verified Purchase Review

Q&A with the author Lisa Klein

What inspired you to write this book?

Meditation has been my secret to overcoming life-long anxiety and not only surviving in a stressful work environment, but also thriving in both my professional and my personal life. As a high school English teacher who encountered endless stress and conflict, meditation enabled me to be healthier mentally and physically while avoiding the burnout often associated with teaching. I wanted to share this secret with others because I know how much it has helped me.

How can meditation and mindfulness help people?

As the title says, meditation can help you develop an edge both professionally and personally and lead to greater health and happiness. Meditation and mindfulness foster creativity and higher levels of awareness such as self-actualization and synchronicity. By shielding our minds and bodies from the harmful effects of stress that everyone faces, these practices can help us to age more gracefully and provide a plethora of physical and mental health benefits.

How does your book differ from other books on meditation or mindfulness?

The Meditation and Mindfulness Edge is a blend of research and information about meditation and mindfulness while also being deeply personal. Whether you're

intrigued by what scientific research has to say about meditation, or you just want to enjoy some of my authentic personal stories of how meditation had an impact upon me, you'll find something to connect with. You'll also find that my book presents an honest perspective of the critiques and caveats regarding meditation and mindfulness that are frequently overlooked. The reader is able to see the progressive impact that meditation has had on my real-life experiences over the course of several decades. It speaks to the short-term as well as the long-term effects of meditation on an average person and takes a subject that is often viewed as enigmatic and makes it relatable and accessible.

What do you hope this book achieves?

I want this book to help demystify meditation and mindfulness. I also want it to legitimize the practice of it and to illustrate how meditation can be beneficial for the average person in their daily lives. There's no need to go off to a secluded mountain retreat to experience moments of calmness, bliss, and insight. We can learn to be mindful right here, right now, and we can bring the peace, compassion, wisdom, and positivity that meditation generates into our workplaces, our homes, and into all of our interactions in the hustle and bustle of this world. By shifting our personal mindset and energy, we can begin to shift the energy of our surroundings. This is what the world needs right now.





- **Title:** The Meditation and Mindfulness Edge:
Becoming a Sharper, Healthier, and Happier Teacher
- **Author:** Lisa M. Klein
- **Genre:** Personal Growth, Education
- **Publisher:** Routledge/Taylor & Francis Group
- **Copyright:** 2024
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