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Debra Burdick, LCSW, BCN, also known as 'The Brain Lady', is a Licensed Clinical Social Worker and a board-certified neurofeedback practitioner. Debra is an international speaker and author of the best-selling books, Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities & Worksheets, (PESI, 2013), Mindfulness Skills for Kids & Teens: A Workbook for ...

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Debra is the author of Mindfulness Skills Workbook for Clinicians and Clients, as well as four books about ADHD: A Holistic Approach to Successful Children with Attention Deficit/Hyperactivity Disorder - A Home Study System for Parents; ADHD Treatment Options, Is It Really ADHD? Only ADHD and ADHD and Sleep. Her work has been featured on ADHD and parenting radio shows and in The Day newspaper and Self Improvement Magazine.

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One of the skills we develop in the practice of mindfulness is the skill of acceptance. Acceptance allows us to experience emotions without feeling obligated to react to them. This is done by noting the emotion, and then letting go of the negative thought processes that the emotion generates.

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