

## **Advance Praise for *Discovering your Mindful Heart***

Contemporary Western culture so rarely encourages us to slow down, reflect, and become more mindful of ourselves, our relationships, and the world around us. An Explorer's Guide to Living With Mindful Authenticity brings this problem into focus and gently encourages us to develop self-reflexivity, discernment, and bodily and emotional awareness in order to find deeper meaning and purpose in our personal and professional lives. This book is designed to send the reader on a journey toward the self-awareness and authenticity needed in order to flourish.

**Nicole Piemonte, Ph.D.**

Assistant Dean for Medical Education  
Creighton University School of Medicine  
Phoenix Regional Campus

Author: *Afflicted: How Vulnerability Can Heal  
Medical Education and Practice*

“The nature of how we live in modern society for many creates suffering. In this wonderful book one learns that by cultivating a mindful heart, one can not only survive but thrive.”

**James R. Doty, M.D.**

Founder and Director,  
The Center for Compassion and Altruism Research and Education  
Stanford University School of Medicine  
NY Times bestselling author: *Into the Magic Shop: A Neurosurgeon's  
Quest to Discover the Mysteries of the Brain and the Secrets of the Heart*

“I recommend the *Discovering Your Mindful Heart* to those readers developing their leadership skills, and to those leadership coaches looking for a unifying theme. Based on a the author’s unifying concept of Whole Brain Leadership, this book can help those cultivating leadership skills learn more about how to develop consistent leadership behaviors based on internal values. Such grounding on Internal values can connect current leadership behaviors with all their leadership potential. Given the authors’ extensive careers in health care leadership, coaching, counseling and teaching, the authors share many leadership ideas that have worked.”

**Michael J. Stahl, Ph.D.**

Professor Emeritus, Physician Executive MBA Program  
Haslam College of Business  
The University of Tennessee, Knoxville, TN

“Jamie and Ross Ungerleider invite us to explore who we are and open our lives to a more resilient, meaningful and connected life in this comprehensive guide. By drawing on a range of sciences and building a toolbox from clinical approaches and wisdom traditions, our inspiring guides offer practical steps to break out of old, unhelpful habits and into a more vibrant and rewarding way to live a healthy life at work and at home.”

**Daniel J. Siegel, M.D.**

Clinical Professor UCLA School of Medicine  
New York Times Bestselling Author: *Aware*, *Mind*, and *Mindsight*

I am delighted that Ross and Jamie have completed this book, as it represents a significant blend of their many years of inner work and service to others. That they chose this title is a testament to their passion and commitment to supporting those who want to create their own destinies while letting go of what stands in the way.”

**Beatrice W. Hansen**

Principal, Presence-Based Coaching, LLC

The Explorer’s Guide melds global perspective with simple example, and wisdom with practicality. My career in Family Medicine has been guided by these principles and I am excited to see this recorded in one space, as a tool for future generations to learn from.

**Mark Knudson, M.D.**

Associate Dean

Wake Forest School of Medicine, Winston Salem, NC

Finally, a guide for leaders in every step of the journey to realize their potential. You will use this guide and tools again and again so keep it within reach now and for years to come.

**Mary Ann Yauger**

Director of Consulting Services

Orion Advisory, LLC

“A book full of warmth, caring, and the wisdom of three experienced and compassionate healers. It’s like having a wise elder for your very own. Strongly recommended!”

**Lou Cozolino**

Professor of Psychology  
Pepperdine University

Best Selling Author: *The Neuroscience of Human Relationships*

From my years spent coaching executives, I know self-awareness is crucial to growth, both personally and professionally. Ross and Jamie’s book will help anyone searching to gain their power through a shift in perspective for a better understanding of themselves. Blending her work as a psychotherapist and his as a pediatric cardiac surgeon, they offer readers, through practical exercises and holistic spirituality, a therapeutic idiom for identifying unhelpful behaviors in the way one interacts with oneself and replacing habitual self-sabotage with enlightened thriving. *This book* is essential reading for anyone striving for excellence in their career or in life outside their career through transformational insight into their innermost being.

**Cori Wittmeyer**

International Coach Federation Chapter Board Member  
Executive coach and Leadership development facilitator

The Explorer's Guide is an eloquent book clarifying concepts from the wisdom and hearts of great therapists such as Virginia Satir and Dan Siegel as well as offering user friendly tools for managing one's personal and professional life.

**Sharon Loeschen, LCSW**

Author: *The Satir Process* and *Enriching Your Relationship with Yourself and Others*

The complexity of modern life challenges us all as we struggle to make and maintain connection with others and with ourselves. My exposure to the authors has been through my professional life as I have faced increasing pressures in my career and in my personal life. As I experience increasing competition for my attention from a crowded and frenetic environment, I have found their gentle and genuine insights helpful in setting aside distractions and rediscovering the joy in true relationship.

**Thoralf M. Sundt, M.D.**

Edward D. Churchill Professor of Surgery  
Harvard Medical School

*"Discovering Your Mindful Heart: An Explorer's Guide"* is amazing. It is a reminder that mindfulness and authenticity are distinct journeys that lead to the destination of congruence. We should all ascribe to learn from and listen to our hearts and march to that beat which is uniquely ours. XZEVN® Solutions appreciates Ross and Jamie for giving us something special to use in all facets of our personal and professional lives.

**Neil Norris Jr.**

Co-Founder XZEVN® Solutions



Evidence-based, practical, and timely. Building on decades of experience as clinicians, educators, leadership trainers, and life coaches, Ross and Jamie Ungerleider and Anne Strand offer a new and comprehensive discussion of mindfulness. It is based on an understanding of neurobiology and the systems -personal and professional- that many find so stressful in modern living. The approach applies to anyone, but healthcare providers and teams will find it especially useful. With burnout reaching epidemic levels, "*Discovering your Mindful Heart: An Explorer's Guide*" provides a map toward greater personal and professional fulfillment.

**David G. Nichols, M.D.**

President and CEO  
The American Board of Pediatrics

A lifetime of healing wisdom, shared in a straightforward and heartfelt style. When I had the opportunity to meet healing pioneer Virginia Satir, whose work is referenced in this book, her deep strength and kindness radiated palpably. Like her, Ross and Jamie bring a compassionate and steady presence that can be felt, and their book reads like a shared conversation, packed with understanding of our human neurobiology and humane potential. Practical techniques and scientific information flow together in ways that welcome and entice the reader to notice, experiment, and grow.

**Debra Pearce-McCall, Ph.D.**

Psychologist and Consultant  
Founder, Prosilient Minds  
Past-President and Editor, Global Association  
for Interpersonal Neurobiology Studies  
Senior Consultant, CreatingWE Institute, Faculty,  
PCC Certificate in Interpersonal Neurobiology

The Explorer's Guide is a generous and infinitely renewable invitation to pause, to fully open to our experience, and to enjoy more connection and meaning in our short, busy lives. The beautifully illustrated icon cards, used regularly, are sure to reflect that we're never in the same moment twice.

**Mary B. Roy, MSW**

In a society with increasing demands on everyone, that never seems satisfied with enough, the authors offer a wonderful guide to help us settle, center and become more connected to what we truly wish for ourselves. Their expertise on leadership, learning, teamwork and wellness are evident in this book and toolkit. It is a prescription for the prevention and treatment of the "burnout" that many professionals are experiencing today.

**Brenda Latham-Sadler, M.D.**

Associate Dean, Student Inclusion and Diversity  
Associate Professor, Family and Community Medicine  
Affiliate, Maya Angelou Center for Health Equity, Wake  
Forest School of Medicine, Winston Salem, NC