

Author Event: Lisa Esile - The Power of Doing Nothing in a Digital World



Photo courtesy of Silas B. Eysa

Join Lisa Esile for this dynamic presentation for kids, teens and parents. Learn how “doing nothing” can help reduce anxiety, solve problems, stimulate creativity, focus thinking, boost motivation and more. Lisa was born in Wellington, New Zealand and now lives in the U.S. with her husband and daughter. She is the co-author/illustrator of *Whose Mind Is It Anyway? Get Out of Your Head and Into Your Life* (Penguin Random House 2016) and author of *Reach Your Big Calm: 52 Powerful Messages to Quiet Your Mind* (2015).

Saturday, August 17 • 11:00 a.m. — 12:30 p.m.

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