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Foundation, a 501(c)(3) non-profit organization, was inspired by U.S. Congressman Tim Ryan, author of the best-selling book, *A Mindful Nation*.

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Parliamentary Group in October 2015, the Mindful Nation UK report was the first policy document of its kind, seeking to address mental and physical health concerns in the areas of education, health, the workplace and the criminal justice system through the application of mindfulness-based interventions.

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Congressman Ryan is the author of *A Mindful Nation: How a Simple Practice Can Help US Reduce Stress, Improve Performance, and Recapture the American Spirit* (Hay House, 2012) and has a daily mindfulness meditation practice. He has been an outspoken advocate for promoting mindfulness practice as

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He serves as a member of the House Armed Services Committee, as well as its subcommittees on Readiness and on Emerging Threats and Capabilities. He also serves as a member of the House Budget Committee and co-chairman of the

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care system and the challenges of teaching children to pay attention and be kind to themselves and others.

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takes this story about the benefits of mindfulness to the next level. He connects the dots between what's happening with mindfulness in the classrooms, hospitals, boardrooms, research labs, and army bases across the country by sharing his interactions with experts in ...

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