



Cristina Smith

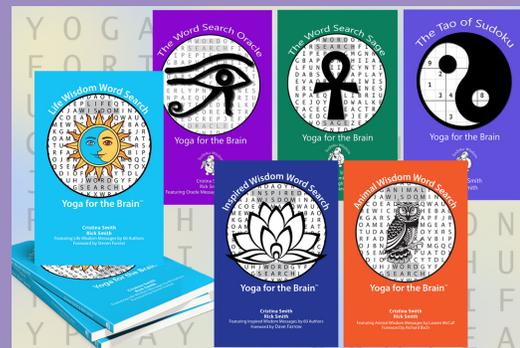
President, Yoga for the Brain Books

A Puzzle Expert Passionate About Sharing the Powerful Benefits of Positive Play

How She Got Here

Cristina has long been involved in the study and practice of mindfulness, personal and professional fulfillment, inner peace, and the mind/body connection for greater health and quality of life not only for an individual but also for businesses and communities. Her journey has taken her to speaking at events around the country, founding organizations, deep study of the connection between science and mental positivity, and more, finally leading her to co-found the bestselling, award-winning Yoga for the Brain book series.

Based on the Scientific phenomenon of neuroplasticity, Yoga for the Brain puzzle books support our ability to train and reprogram our brains at will. And what's the best way to get and keep people involved in positive mental activity? Make it a game!



Story Ideas

Cristina is a passionate guest/speaker/advocate for the power of positive play. The six books in the Yoga for the Brain series are fun, stimulating puzzles with uplifting messages full of hope, community, and happiness. Story ideas include:

- The hidden benefits of all those jigsaw puzzles we did in quarantine
- Why brains just want to have fun
- How to get a better night's sleep and have fun doing it
- How to get smarter by playing
- Powerful ways to rewire your brain to be sharper, more responsive and increase flexibility
- How to boost your brain through self-directed cognitive training cleverly disguised as fun
- How to reduce stress and practice mindfulness while in the car
- Unusual, fast and fun ways to take a refreshing break from work
- Why curiosity is a superpower
- How to become your own brain trainer
- How to reduce the risk of Alzheimer's, dementia, and other diseases, plus enhance motor skills while having fun



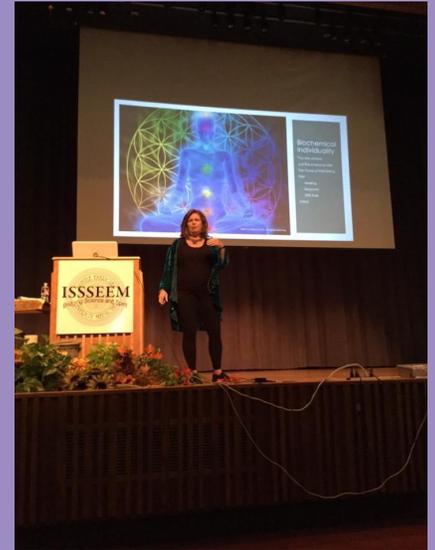
"My biggest desire is that people get more health and happiness through the power of positive play. I wish that these books encourage each of us to cultivate personal inspiration and creativity." - Cristina Smith

Cristina Smith

www.CristinaSmith.com | Cristina@CristinaSmith.com | 619-339-6901

Cristina's Experience

- Founder, Subtle Energy Center
- Founding President of the San Diego Holistic Chamber of Commerce
- Presenter and emcee of International Society for the Study of Subtle Energy and Medicine conferences and Subtle Energy Retreats
- Former adjunct faculty, Holos University Graduate Seminary
- Contributor and blogger to newspapers, magazines, websites and Medium.com
- Voted one of the best coaches in Nevada County, CA 2018-2020
- Podcaster: Subtle Energy Salon
- Author of nine books
- [Streaming interviews with over 50 Yoga for the Brain contributing authors](#)



What People are Saying



"So much more than a puzzle book, the fun facts, history and education lining the pages make Yoga for the Brain books a unique treasure. I highly recommend them for an entertaining and enlightening experience!"

- Sheri Hoyte for Reader Views

"Sitting down with the book is a great way to relax and stretch those brain muscles. I can see why the puzzles are considered 'yoga for the brain!' These books are highly recommended for those looking for puzzles, relaxation, inspiration, and enjoyment!"

- Carla Trueheart for Reader's Favorite

"Yoga for the Brain is inspirational, relevant and fun! They are well worth your time. I highly recommend them to everyone looking for something uniquely uplifting."

- Brenda Krueger Huffman, Publisher, Women's Voices Magazine

"These fun and easily accessible works brilliantly blend quantum consciousness-based science with profound philosophical wisdom."

- Dr. Ami Goswami, Quantum Physicist and bestselling author of The Self Aware Universe

As Seen On

