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My Dearest One
by **Monisha Vasu, M.D.**

**NEW BOOK DETAILS BUILDING BLOCKS TO FOSTERING YOUR
CHILD'S MENTAL WELL BEING**
-- Learn to Develop Life-Long Healthy Choices, Attitudes and Behaviors

Reading to your child at bedtime is a time-honored tradition. More than a means to an end — getting your child to sleep — reading offers parents and children a time to bond, share their day and create lifelong memories.

In her new, non-fiction book, *My Dearest One*, adult psychiatrist Monisha Vasu, M.D. introduces the topics of living intentionally, reflection and gratitude through a conversation between a parent and child. Dr. Vasu also sees reading together as a way to introduce new concepts and foster dialogue about important topics from the very early years of development. A timeless story for children of all ages, *My Dearest One* also serves as a springboard to discuss core building blocks of emotional well being and facilitates intimacy and closeness between parents and children to encourage children to feel more confident and secure as they navigate the world.

“Working with adult patients who have faced challenging situations, I realized that if we can foster healthy choices, attitudes and behaviors in early childhood, we can give our children a solid foundation under them as they grow and develop,” says Dr. Vasu.

In a loving and gentle story speaking to the compassion and love that exists between parents and children, *My Dearest One*:

- Introduces children to such mental health topics as mindfulness, self-reflection, gratitude and compassion
- Encourages daily reflection on the days “highs” and “lows”
- Supports healthy choices and emotional well-being with daily mental health exercises
- Helps parents learn from the innocence and generosity of their children
- Fosters communication, trust and love that can become the backbone of the parent/child relationship as they grow older

“I try to adopt a mindful and conscious approach to living in both my personal and professional life,” adds Dr. Vasa. “I believe reading together with our children about the building blocks of emotional well being, and then practicing with them, greatly helps the parent and child on their journey to strong mental health”

Monisha Vasa, M.D. is a board certified General and Addiction Psychiatrist in private practice in Orange County, CA. She is a Cum Laude graduate of Northwestern University, completed medical school at the University of Illinois at Chicago College of Medicine, and her Psychiatry residency, Chief Residency, and Addiction Psychiatry fellowship at Cedars-Sinai Medical Center in Los Angeles. Dr. Vasa resides in Orange County, CA with her husband, two beloved children and two English Bulldogs. She is also a marathon runner in addition to practicing yoga and meditation.

For more information, visit www.mindful-healing.com.

My Dearest One is available at www.mindful-healing.com and on [Amazon](https://www.amazon.com).

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