

## Martha Brettschneider Bio

Martha Brettschneider, founder of Damselwings, LLC, provides training and artful inspiration for mindful living. Author, blogger, speaker, award-winning photographer, and Search Inside Yourself Leadership Institute Certified Teacher, Martha cultivates mindfulness through creative channels. Her signature 30-Day Mindfulness Meditation Challenge and other innovative offerings help busy people establish their own meditation habits. Martha's journey has taken her from being a stressed out international economist, screaming mom, and breast cancer survivor, to a meditation-touting creative entrepreneur finally at peace with the world. You can read her full story in her book [\*Blooming into Mindfulness: How the Universe Used a Garden, Cancer, and Carpools to Teach Me That Calm Is the New Happy\*](#). Learn more at [damselwings.com](http://damselwings.com) and follow her on Instagram [@marthabrett](#) and Facebook at [Martha Brettschneider - Writer and Photographer](#).