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Lately, I have been continuing my passion with mindfulness. In October, I had the pleasure of being the keynote speaker on the topic at a conference in Jekyll Island. During the month, I also attended the Wisdom 2.0 conference on mindfulness in NYC, and listened to a variety of prominent thinkers in the field of mindfulness speak. Jon Kabat-Zinn, Sharon Salzberg, Dan Siegel, Rhonda Magee, David Simas, and others shared how they use mindfulness in their careers, in their lives, and as advocates for social change.

The weekend also included a chance to connect with others who share my interest and take part in a group meditation at Washington Square Park. It was a powerful series of days that was a great reminder of the power of presence and connection.

Two of my favorite books on mindfulness are Wherever You Go, There You Are by Jon Kabat-Zinn and Search Inside Yourself by Chade-Meng Tan.

My biggest non work-related passion right now is playing tennis as much as I possibly can! Now that the weather has cooled off a bit, it's a lot more pleasant to be out on the courts.

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