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**Peaceful
Piggy
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This is a practical, easy-to-use resource for parents who want to help their children improve attention, focus, self-discipline, and patience. Written by the worlds leading authority on complementary medicine for children, it

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provides a solid scientific basis for using natural therapies to help your child succeed. The charts and worksheets offer you tools to realize your child's strengths, turning stumbling blocks into stepping stones to success. The first chapters

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introduce basic
concepts about
ADHD and ADD,
identifying
common family
goals for improving
their child's
attention and self-
discipline. It frames
these goals as
skills to be
mastered, building
on the child's
existing strengths.

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The next chapters focus on the five fundamental strategies to achieve success (healthy habits in a healthy habitat). These strategies include exercise, sleep, nutrition, managing behavior, emotions, and stress, positive

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communication,
and optimal
environment. The
next chapters
provide practical
tools for translating
these
fundamentals into
habits and tracking
success. Later
chapters cover
additional
strategies such as
pills (medications,

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vitamins, and herbs), working with schools, counseling, biofeedback, massage, and acupuncture. The last chapter is a handy summary. The book includes links to helpful resources and provides over 200 references to

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recent scientific studies to support its recommendations. Anxiety is epidemic and it touches people from all walks of life, knowing no age, gender, ethnic, or economic boundaries. It can be paralyzing while considerably

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narrowing the
scope of your life.

This book provides

practical, holistic,
easily understood
strategies for all
ages, presented
through storytelling
and the sharing of
real experiences.

You will discover
the benefits of
cognitive
behavioral work

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(yes, your thinking and behavior do matter!) and learn how to let go of control, stop what-iffing, set boundaries, calm your body, and stop stewing - all to help you alleviate your anxiety. You will discover the importance of effective strategies

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such as visualization, mindfulness and meditation, self-care, and the practice of gratitude. The author believes that anxiety is impacted by our life experience and the manipulation of our DNA at the cellular level, but

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more importantly,
that it is largely a
learned behavior.
The good news is
this: what you have
learned you can
unlearn - and then
you can learn
something new! As
you move through
this book you will
be gently coached
to befriend and
then let go of your

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anxiety, creating
lasting change.

"One family
celebrates the
Hindu festival of
lights"--

This delightful
sequel to Moody
Cow Meditates
reintroduces us to
Peter (aka Moody
Cow) and meet his
mischievous "boys-
will-be-boys" friend

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Bully. Along the way we meet a snake named Jaws, who also goes on to appear in Peter's terrifying dreams, and watch as Bully revels in the deaths of the crickets he feeds the snake. Peter is uncomfortable with the plight of the little creatures,

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earning him a new
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nickname: "Coward
Cow" because Bully
thinks he's a wimp.

Once again,
Grandfather, the
beloved old steer
from Moody Cow
Meditates, brings
serenity and long-
horned wisdom as
he gently teaches
to compassionately
identify with other

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beings. And the story ends with everyone sharing a laugh - and even Jaws and the crickets are happy. This book also includes two activities - compassionate cricket release and compassionate worm rescue - for parents and

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children to do
together.
I feel good about
myself. Somebody
loves me just as I
am. I don't have to
look like anyone
else, be the same
size, or do the
same things. It's
fine to be me. This
book offers
children positive
and upbeat

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examples about
being themselves.
The author
portrays a very
young guinea pig
and friends feeling
good about
themselves
through common
situations readers
will relate to.

Together, the text
and art will foster
self-esteem and

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Birds Paperback

independence.

Fostering

Mindfulness

Moody Cow Learns

Compassion

You Go Away

Snipp, Snapp,

Snurr and the

Gingerbread

Sitting Together

Cultivating Lasting

Happiness

"Sometimes I

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**feel sad. I feel
sad when
someone won't
let me play, or
when I really
want to tell
about
something and
nobody listens.
When someone
else is sad, I
feel sad,**

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**too...Sad is a
cloudy, tired
feeling. Nothing**

**seems fun when
I feel sad."**

**Children will
take comfort in
this story.**

**Readers will
recognize
similar**

experiences in

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**their own lives
as this little
guinea pig
describes
feeling sad
when someone
is cross or when
something bad
happens.
Eventually our
heroine realizes
that feeling sad**

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**doesn't last
forever.**

**A simple
relaxation and
calming
technique, belly
breathing is a
tool everyone
can use! Studies
have found that
belly breathing
improves**

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**concentration
and relieves
tension. This
mindfulness
board book
showcases the
easy skill that is
a great way to
teach kids how
to manage
stress and
emotions.**

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**When Alex spills
milk on his
football jersey
and Morgan's
braid unravels,
they both say,
"These things
happen." But
Ellie LaFleur,
who is
practically
perfect, sniffs,**

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**“Not to me.”
And it’s true.
Ellie’s nails are
always filed, her
clothes are
snazzy, and her
long locks are
lovely. So when
Ellie’s head
begins to itch,
she’s sure it’s
an allergy.**

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**“WHAT DO YOU
MEAN I HAVE
BUGS IN MY
HAIR?!”** blurts
Ellie when her
mother and the
school nurse
give her the bad
news: Ellie has
head lice.

**“These things
happen,”** says

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**Ellie's mother.
At home, Ellie
and her mother
talk to the
doctor and read
the papers from
the school
nurse. Then
they shampoo,
comb, and do
laundry. Ellie
even writes a**

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**note for kids
who get head
lice—“These
things happen,”
it says.**

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t Whitman
Prairie Books (**
**Collects
guidelines and
advice for**

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parenting,
providing tips
and strategies
for addressing
such issues as
death,
sexuality,
morality, and
religion while
encouraging
children to think**

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**for themselves.
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Learning, and
Peace
The Bully
Blockers Club
Creative
Interventions
with
Traumatized
Children,
Second Edition**

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**Raising
Freethinkers
Simple Animal
Poses for Any
Age
Peaceful Piggy
Yoga
You go
away . . . and you
come back. I go
away - - and I
come back. The**

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**repetition and
pattern in this
book will
reassure and
comfort
youngsters, all
the while
reinforcing the
idea that while
parents go
away, they also
come back.
Snipp, Snapp,**

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and Snurr want
Whitman, Prairie
butter for
Books Paperback
their bread.

But Mother
can't make
butter without
milk. Aunt
Annie's cow,
Blossom, can't
make milk
without good
grass to eat,
and the grass

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won't grow
without the sun
to shine on it.
And that means
all the
ingredients for
a classic
cumulative
adventure here.
Peaceful pigs
demonstrate the
many benefits
of meditation.

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**A little boy
begins taking
yoga lessons at
the zoo, where
he learns that
he can mimic
the animals
there with
simple yoga
poses. When he
returns home
after his
lessons, he**

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practices with
Whitman Prairie
his cat, Nino.
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With an
illustration of
each animal
pose and a
description of
how to do it on
each page, this
enchanted book
makes the
perfect
instruction

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**guide for even
the smallest
yogi.**

**Children often
feel afraid.
This book, with
its comforting
words and
illustrations,
will help
children
address those
fears and learn**

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**some new ways
to cope with
being afraid.
First, a little
bear describes
some of the
things that
frighten him,
like bad dreams
or big, tall
slides, or when
his mother goes
away.**

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Sometimes, he just feels scared and doesn't know why! But he learns there are things he can do to make himself feel better. A "Note to Parents and Teachers" reinforces the

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positive
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messages in the
Books Paperback
book.

**A 7-Step Guide
to Mindfulness
The Onion Book
of Known
Knowledge
A Practical
Guide for
Parenting
Beyond Belief
The CIA and the**

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**World of Arts
and Letters
Mindfulness for
Kids
Belly Breathe**

When Miss Fox shows up at school riding her bicycle, Mouse asks, "Do you have a flat tire?" "No," Miss Fox tells her students. "I am going green!" Soon

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everyone in the class is working to keep the earth healthy. Mouse takes shorter showers (and does her singing after!); Bunny brings a cloth bag to the supermarket; and Possum turns the lights off when he goes out. And Miss Fox's simple act has ripples even beyond

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*her own
students...soon the
whole school starts
riding their
bikes—including the
principal.*

*Cultivating Lasting
Happiness Cultivating
Lasting Happiness is
the definitive
practical guide to
understanding
mindfulness and*

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*integrating it into
your life. Terry
Fralich has created a
path for developing
the awareness and
skills to minimize
suffering and
maximize positive
states - all to enhance
well being. With
insights, case
examples, exercises,
meditations and*

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*practice guides, you
have all the tools to
weave the seven steps
of mindfulness into a
beautiful tapestry ...
and a more creative
and joyful way of
life. Book jacket.
For more than 30
years, Yoga Journal
has been helping
readers achieve the
balance and well-*

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*being they seek in
their everyday lives.
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Journal strives to
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lifestyle choices that
are healthy for their
bodies and minds. We
are dedicated to
providing in-depth,
thoughtful editorial
on topics such as*

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*yoga, food, nutrition,
fitness, wellness,
travel, and fashion
and beauty.*

*A trusted,
comprehensive
resource, this volume
demonstrates a range
of creative
approaches for
facilitating children's
emotional reparation
and recovery from*

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*trauma. Experts in
play, art, music,
movement, and drama
therapy, as well as
bibliotherapy,
describe step-by-step
strategies for working
with children,
families, and groups.
Rich with case
material and artwork,
the book is both
practical and user-*

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friendly. Specific types of stressful experiences discussed include parental loss, child abuse, family violence, bullying, and mass trauma.

New to This Edition:

**Updated and expanded discussions of trauma and of the neurobiological basis for creative*

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interventions.

**Chapters on art
therapy and EMDR,
body maps and
dissociation, sandtray
play, resiliency-based
movement therapy,
work with clay,
mindfulness, and
stress reduction with
music therapy.*

**Highlights important
developments in*

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knowledge about self-regulation, resilience, and posttraumatic growth. This e-book edition features 65 full-color illustrations.

(Illustrations will appear in black and white on black-and-white e-readers).

Lotty Raccoon is excited. This year she

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*has a new teacher,
new backpack, and
new shoes. But her
enthusiasm quickly
wanes when Grant
Grizzly begins
bullying her. At the
advice of her brother
and sister, Lotty tries
ignoring Grant and
making a joke of it
all, but neither
approach works.*

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When her parents hear about Grant, Lotty's dad talks to the teacher. Although the teacher speaks to Grant and Lotty, now Grant just bullies her when no adult is around. After talking to her family again, Lotty comes up with an idea. She notices other kids are being

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*bullied by Grant, too.
She gathers everyone
together and they
form a club—The
Bully Blockers Club.
Now when Grant tries
to bully someone, the
other kids speak up.
That gets an adult's
attention, and Grant
stops his bullying!
Bugs In My Hair?!
Ready, Set, Breathe*

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When I Feel Scared

Yoga Journal

Who loves yoga?
Everyone from
ballerinas to
football players to
moms and dads.
This fun and
informative picture

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book guide shows
kids and
piggies! in classic

yoga poses,
complete with
instructions.

Storytime Yoga
enlightens young
minds with the
magic of yoga
while recounting
some of the

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in a way that
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wisdom stories
scripted with yoga
poses, as well as

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relaxation and
meditation using
story. Designed for
parents, teachers,
and anyone
interested in
working with kids
from Pre-K through
6th grade, it is
packed with
inspired and yet

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cretin with no
reason to live?
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knowledge ever?
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cash? Then
congratulations,

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only one you will
ever need: The
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valuable
information-such
as the life stages
of an Aunt; places
to kill one's self in
Utica, New York;
and the
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female bucket, or

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"pail." With
hundreds of
entries for all 27
letters of the
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KNOWLEDGE
must be purchased
immediately to
avoid the sting of
eternal ignorance.

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Everyone from
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kids--and
piggies!--in classic
yoga poses,
complete with

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During the Cold
War, freedom of
expression was
vaunted as liberal
democracy's most
cherished
possession—but
such freedom was
put in service of a
hidden agenda. In
The Cultural Cold

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reveals the
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efforts of a secret
campaign in which
some of the most
vocal exponents of
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freedom in the
West were working
for or subsidized

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by the
CIA—whether they
knew it or not.

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comprehensive
account yet of the
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between 1947 and
1967" by the New
York Times, the
book presents
shocking evidence

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and at home,
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astonishing
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Leonard Bernstein,
Robert Lowell,
George Orwell,
and Jackson
Pollock as
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Translated into ten languages, this classic work—now with a new preface by the author—is "a real contribution to popular understanding of the postwar period" (The Wall Street Journal), and its story of

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relevant today.

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offers both
theoretical

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overviews and
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students and
parents who are
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schools. It
encourages
reinvigorating

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approaches to learning and teaching that can easily be integrated into both public and private K-12 school classrooms, with many ideas also applicable to higher education. It

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supports an
educational
system based on
the beliefs
that heart and
spirit are
intertwined
with mind and
intellect, and
that inner
peace, wisdom,
compassion, and
conscience can

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be developed
together with
academic
content and
skills.

With this five
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you can become
the best
version of
yourself by
just sparing 5
minutes each

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day. Your goals
will become
more attainable
and your
happiness will
rise. So boost
your happiness
and become
successful....

Tips and tools
for promoting
calm and
focused

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attention in
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teachers and
others who work
in preschool

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and elementary-
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includes
simple,
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tested,
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can be
integrated into
the school day

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to help kids
calm down and
pay attention.

An essential
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skills they
need for self-
regulation,

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book are
designed to
strengthen
areas of the
brain that
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to better
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mindfulness in
your classroom
practice in
just minutes a

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sheets, ready-
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templates, and
much more. This
highly readable
book includes
stories from
teachers who
successfully

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incorporate
mindfulness in
their classroom
practice.

Moody Cow has a
lot of angry
thoughts after
a frustrating
day, but his
grandfather
sets up a Mind
Jar with
sparkles and

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shows him that
just as the
sparkles settle
in the jar,
Moody Cow's
angry thoughts
can settle
through
meditation.

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Simple Skills
for Peace and

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Mindfulness
with Your
Children for
Fewer Meltdowns
and a More
Peaceful Family
Shubh Diwali!

*Mindful
awareness
practices to
help teachers
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but also one of
the most
demanding. This
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techniques to
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manage the
stresses of the
classroom,
cultivate an
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experience as a
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*compiled this
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essays to
provide a model
for the use of
mindfulness in
social work
practice with
individuals,
families,*

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*groups, and
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and the

development of

mindfulness

within the

practitioner,

this book

contains

exercises for

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themselves or
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inevitable
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Ready, Set,
Breathe will
show you*

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how to focus,
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live in the
present moment.
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is stressful,
and when your
child has a
meltdown, it
can be
difficult to
keep cool—let*

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child to calm
down. Ready,
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stress using
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aren't always
receptive to
what you say.*

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is often
ignored or
perceived as
intrusive; and
trying to get
your kid to
calm down and
breathe can
turn into an
unpleasant
power struggle
in which you*

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*feel powerless
and frustrated;
and your child
can feel nagged
or bullied. The
good news is
that it doesn't
have to be this
way. In this
book, you'll
learn to teach
mindfulness to
your child in*

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*the most
enjoyable and
realistic way
possible.*

*You'll also
learn skills to
help yourself
stay calm when
your child does
act*

*up-especially
in public. This
is a must-read*

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*for all
parents!*
When a kindly
neighbor gave
the boys some
money to spend,
they went
straight to the
bakery to buy
some
gingerbread—and
they fell into
the batter! Now

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*Snipp, Snapp,
and Snurr
looked just
like three
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boys who had
come to life. A
beautiful
princess picked
them up in her
coach and took
them to her
palace for a*

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party was over,
Mother knew*

*just what to do
with her
children.*

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is the fruit of
decades of
development and*

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Village
community's
collective
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our
interconnection
with nature,
and improve
communication.
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concrete
activities, and
curricula that
parents and
educators can*

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*apply in school
settings, in
their local
communities or
at home, in a
way that is
meaningful and
inviting to
children. The
key practices
presented
include mindful
breathing and*

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inviting the
bell, pebble
meditation, the
Two Promises or
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children,
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versions of
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Earth and Deep
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conflict and
strong
emotions. Also
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the songs on
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that summarize
and highlight
the key*

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classroom or
difficult group
dynamics, based
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with Thich Nhat
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*compassion for
themselves and
others.*

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one sessions. This
accessible book will be
of great use to health
and education
practitioners from a
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disciplines who are
involved in working with

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places to go! And sometimes it's hard when things don't go your way—it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate! They find a quiet spot, a special place with a few simple things, and just breathe. They do this every day, feeling their

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breath going in and out.
They slow down and
calm down. Now it's
easier to deal with
whatever comes their
way, and they have time
to notice all the magical
things in life, too!

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students need to manage
their attention,
emotions, and behavior
in classrooms and
beyond

Yoga isn't just

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poses;
intentional
breathing (and
therefore
mindfulness)
are an integral
part of it. Yoga
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