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10 MINDFUL MINUTES



Paperback. Book Condition: New. Not Signed; Bestselling author Goldie Hawn offers parents a practical guide for helping their children to learn better and live more happily. Based on the MindUP programme, supported by the Hawn Foundation, 10 Mindful Minutes outlines short, practical exercises for parents and children - taking less than 10 minutes - to help young children and teenagers reduce stress and anxiety, improve concentration and academic performance, effectively manage emotions and behaviour, develop greater empathy for others and...

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- Authored by Goldie Hawn, Wendy Holden
- Released at -



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Reviews

This book is definitely worth acquiring. It normally will not cost excessive. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Very helpful to all of category of people. It really is full of knowledge and wisdom I am quickly can get a satisfaction of reading through a written ebook.

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