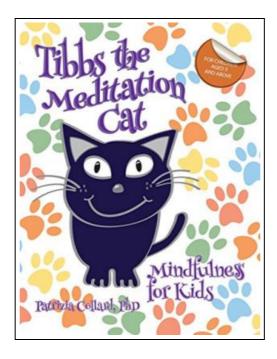
Tibbs the Meditation Cat: Mindfulness for Kids (Paperback)



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Reviews

An exceptional ebook and also the typeface applied was intriguing to read through. I have got read and i also am sure that i am going to likely to go through yet again once more in the foreseeable future. I discovered this pdf from my dad and i advised this ebook to find out. (Dr. Raven Ledner)

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North Star Press Ltd, United States, 2016. Paperback. Condition: New. Philippa King (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Scientific evidence supports the view that mindfulness helps us improve our attention-spans, gain a greater sense of self-control, and develop a stronger sense of resilience. There s a strong sense that mindfulness might also contribute meaningfully to young people s wellbeing, resilience and character-development. In addition to assisting with the acquisition of a number of skills and capabilities, it s considered that mindfulness might also serve to raise educational standards. So, what exactly is it that has caused so many of us - even all-party government committees - to stand up and take notice? After all, mindfulness can be a big word - and a big concept - for many of us to take to heart. With kids, especially younger kids, it s enough to say that mindfulness is about awareness. It s nothing more than noticing our present-moment feelings, our thoughts, and how our body feels. Even more exciting, pretty much anybody can learn its basic principles. It s not the least bit necessary to know one jot about the historical developments and the links to meditation - or to study the emerging body of research that seeks to explain the science behind the timeless principle of mindful awareness. With regular and shorts bursts of practice, you ll find that being mindful amounts to a set of simple techniques that soon become second nature. Eventually it s easy to go back to that place of focus - and kids of all ages (maybe you include yourself in this category) can learn to do this entirely of their own accord, just like Tibbs the Meditation Cat!.



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