



Just Call Me Is: An Introduction to Mindfulness (Paperback)

By Natalie Grigson

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you re reading this, you have stumbled upon something magical - a journal written to you from your Inner Self. Don t worry, Just Call Me Is is also a story, a book of exercises and tools, plus some journal pages for you too; but most of all, it is a guide to living in presence for kids.



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