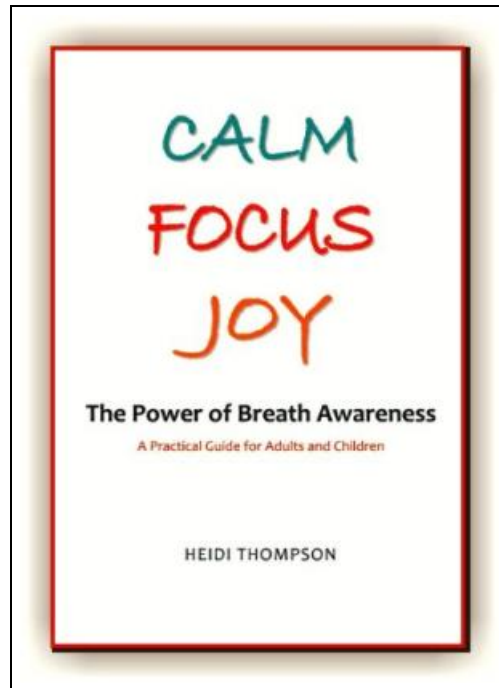


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Reviews

Extremely helpful for all class of folks. I really could comprehend almost everything using this written e publication. You will not feel monotony at any time of the time (that's what catalogs are for about in the event you check with me).

(Prof. Melyna Dooley V)

CALM FOCUS JOY: THE POWER OF BREATH AWARENESS - A PRACTICAL GUIDE FOR ADULTS AND CHILDREN



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Coldstream Books. Hardcover. Book Condition: New. Hardcover. 286 pages. Dimensions: 9.7in. x 6.9in. x 1.0in. CALM FOCUS JOY teaches adults and children breath awareness - one of the simplest, most effective exercises for improving concentration and feeling calmer. Breath awareness is fundamental to most stress-reduction therapies and meditation methods. Studies have found that practicing breath awareness regularly increases cognition, relieves depression and anxiety, awakens empathy, and enhances brain functions. The book's comprehensive guidelines include lessons for adults, read-aloud instructions for children, stories, answers to common questions, and supportive scientific research - everything needed to learn breath awareness and then teach it to children. HEIDI THOMPSON is a pioneer in the field of attention development in children. Her track record as an educational innovator, along with the dynamic, solution-based approach presented in this book, makes her a leader in the field of breath awareness. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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