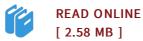




10 Mindful Minutes

By Goldie Hawn, Wendy Holden

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 the world, and be more optimistic and happy. Representing the culmination of years of research and programmes developed by the Hawn Foundation currently being used by schools internationally, this book will help children and parents develop mindfulness which has been proven to promote more effective learning and happier lives. book.



Reviews

This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.

-- Aglae Becker

This ebook is definitely worth buying. It is definitely basic but excitement within the fifty percent in the ebook. Its been designed in an extremely straightforward way which is merely following i finished reading this ebook where basically changed me, alter the way in my opinion.

-- Ward Morar

Relevant Books



Tinga Tinga Tales: Why Lion Roars - Read it Yourself with Ladybird

Paperback. Book Condition: New. Not Signed; This is a Tinga Tinga tale inspired by traditional stories from Africa. Lion is king of Tinga Tinga but he can't roar! Can his friend Flea help Lion to find his roar and behave more like...



The Princess and the Frog - Read it Yourself with Ladybird

Paperback. Book Condition: New. Not Signed; A kind frog helps a princess and she makes him a promise. What happens when the king tells her that she has keep her promise? Read it yourself with Ladybird is one of Ladybird's best-selling reading...



New KS2 English SAT Buster 10-Minute Tests: 2016 SATs & Beyond

Paperback. Book Condition: New. Not Signed; This is Book 2 of CGP's SAT Buster 10-Minute Tests for KS2 Grammar, Punctuation & Spelling - it's a brilliant way to introduce English SATS preparation in bite-sized chunks. Each set of quick tests is packed...



Forest Fairytale Knits

Paperback. Book Condition: New. Not Signed; Stephanie Dosen has quickly gained iconic status among knitters: her patterns readily sell out online, and she has been given feature coverage in both mainstream and knitting magazines, including Handmade Living and Simply Knitting. Today's avid,...



First Fairy Tales

Board book. Book Condition: New. Not Signed; This is a traditional story that is retold in rhyme in this chunky padded boardbook. When a couple of tailors offer to make a suit from material so wondrous that only clever people can see...



The Kid

Paperback. Book Condition: New. Not Signed; Winky thought he'd seen everything in Wyoming Territory: rustlers, hangings, shoot-outs, cattle standing frozen stiff in the snow. Then into town one lazy day rode a long-haired kid and a colossal African mute. They were met...