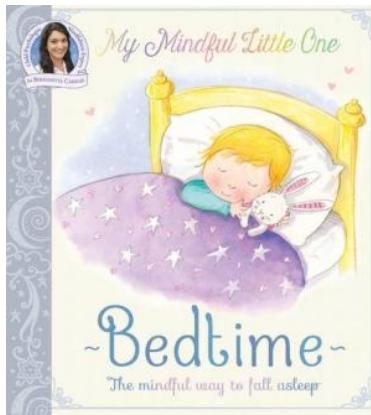


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MY MINDFUL LITTLE ONE: BEDTIME



Scholastic. Paperback. Book Condition: new. BRAND NEW, My Mindful Little One: Bedtime, Bernadette Carelse, Paula Bowles, The perfect picture book to share to bring a sense of calm and peacefulness to bedtime. Written by child psychologist and mindfulness expert Dr Bernadette Carelse, this picture book introduces young children to the benefits of mindfulness. Beautifully illustrated throughout, the practices encourage your child to bring their awareness to the present moment, to let go of the day, and to settle down for...

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- Authored by Bernadette Carelse, Paula Bowles
- Released at -



Filesize: 3.66 MB

Reviews

It is an amazing book which i actually have actually read through. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Annamae Frami**

This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.

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