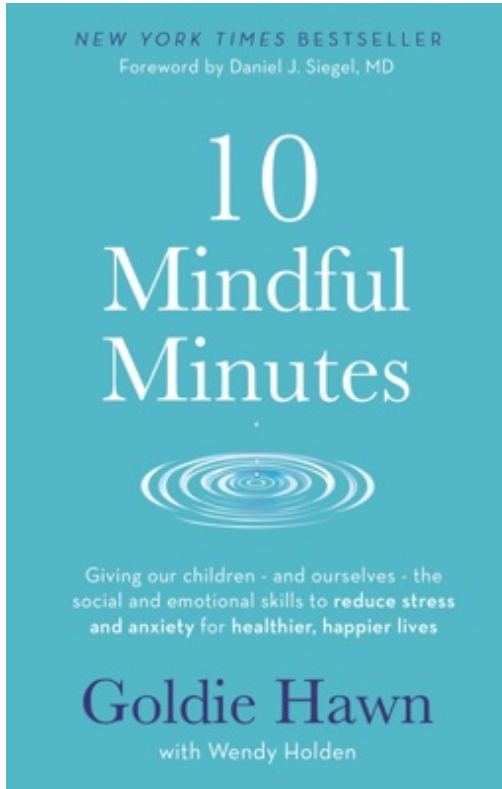


Télécharger Livres Gratuit 10 Mindful Minutes (PDF | ePub | Mobi) Goldie Hawn & Wendy Holden download-free



'This is a remarkable book . . . Read it and use it: you may find you are doing nothing less than giving back to your children their childhood, while they still have the chance to live it' Mark Williams, Director, University of Oxford Mindfulness Centre and author of *Mindfulness: Finding peace in a frantic world*

'10 Mindful Minutes can help any adult - parent, grandparent, teacher - make double use of their moments with the children they love and have a terrific time while helping shape that child's brain for a lifetime of resilience and happiness' Daniel Goleman, author of *Emotional Intelligence*

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.

Title	:	10 Mindful Minutes
Author	:	Goldie Hawn & Wendy Holden
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