

# Télécharger Livres Gratuit Sitting Still Like a Frog (PDF | ePub | Mobi) Eline Snel & Myla Kabat-Zinn DataBase Book



This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

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