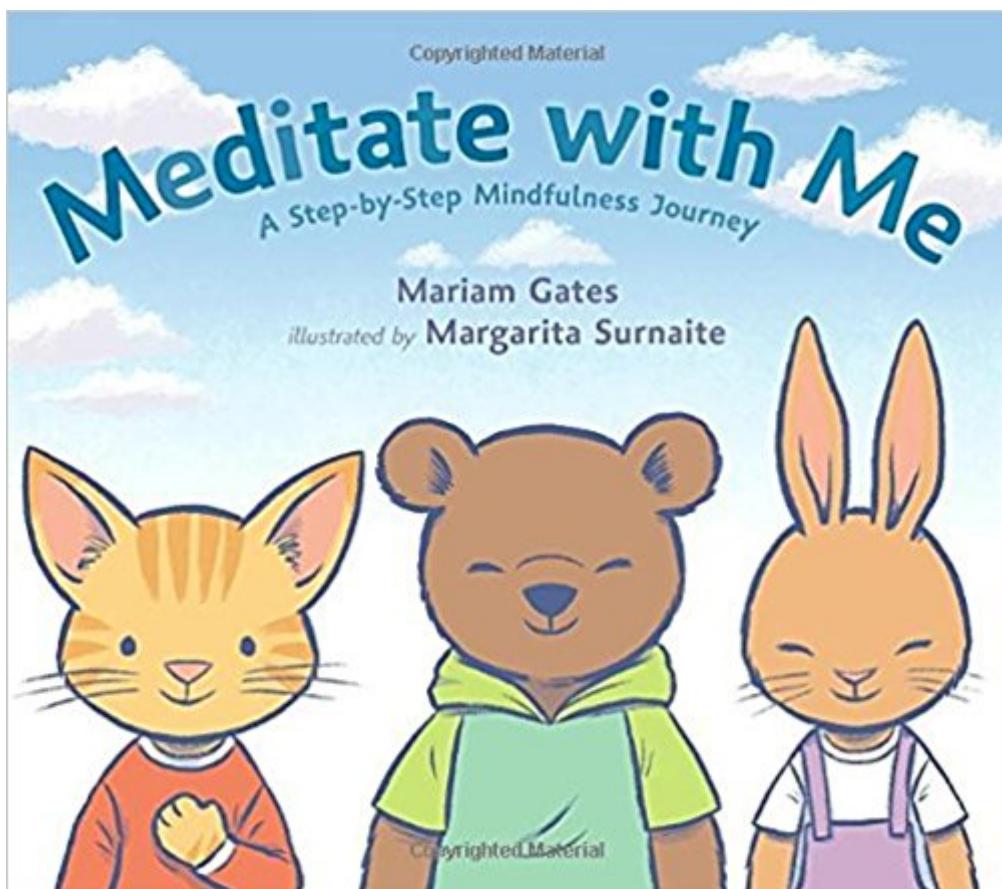


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# Meditate With Me: A Step-By-Step Mindfulness Journey



## **Synopsis**

This accessible and fun guide to meditation and mindfulness is the perfect introduction for young children. Meditation does a body good, and can even help kids as young as four or five. This practical guide is gentle, clear, and a pleasure to use. Kids will learn how to focus on their breath, on the sensations in their body, and on the sounds around them to help them relax, settle their busy minds, and understand their emotions. Illustrated with cheerful drawings of five animal friends, the book offers step-by-step directions and a repeating refrain: "Breathe in, and fill your whole body. Breathe out, and relax your whole body." It's an invigorating first experience of mindfulness that can be shared by parents and children at home, or by teachers and students in the classroom.

## **Book Information**

Hardcover: 40 pages

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Product Dimensions: 9.4 x 0.4 x 10.9 inches

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #11,993 in Books (See Top 100 in Books) #7 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #166 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## **Customer Reviews**

Mariam Gates has a master's degree in education from Harvard University and has been teaching children for more than 20 years. The founder of Kid Power Yoga, she now devotes herself to training children and adults in yoga and mindfulness. She is the author of the picture books *Good Night Yoga* and *Good Morning Yoga*. She lives with her husband, Rolf Gates, and their two children in Santa Cruz, California. Margarita Surnaite was born and raised in Lithuania, and now lives in Cambridge, England. She holds a bachelor's degree in graphic arts and a master's degree in children's book illustration. *Meditate with Me* is her first published

book.

It is a wonderful introduction to meditate. I especially love the emphasis for children to recognize their feelings consciously and to know that their feelings are important. I have meditated for years, but I learned new things from this book and it just made me feel good to read it and the illustrations are just delightful. I can't wait to give it as a present to my nieces and nephews and to all my friends with children.

This book is excellent. It is beautiful and engaging. It is easy to follow for kids and adults.

A wonderful way to introduce children to meditation! Accessible, fun and easy to follow. What an amazing way to bring this to young children.

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How to Meditate: A Practical Guide to Making Friends with Your Mind  
Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)  
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