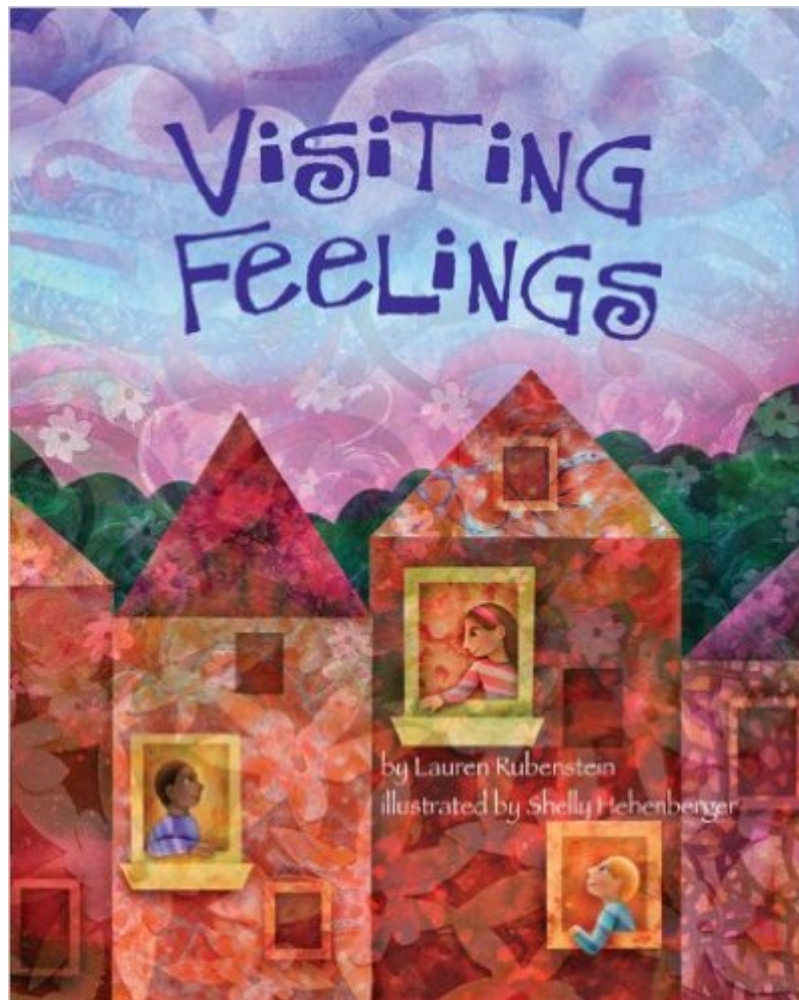


The book was found

Visiting Feelings



Synopsis

Gold Medal, 2013 Mom's Choice Awards Silver Medal, 2014 Nautilus Awards Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, *Visiting Feelings* invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

Book Information

Hardcover: 32 pages

Publisher: Magination Press; 1 edition (September 15, 2013)

Language: English

ISBN-10: 1433813394

ISBN-13: 978-1433813399

Product Dimensions: 0.5 x 8.2 x 10.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (50 customer reviews)

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Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

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YOU My Real-World Guide for Eosinophilic Esophagitis.: A guide to helping children, parents, and

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