Each Breath a Smile

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Each Breath a Smile introduces preschool-aged children to mindful breathing. Through beautiful color illustrations, children learn to connect with their breathing to help them experience calmness and enjoy a deeper relationship with their friends and

family. Illustrations of trees, frogs, crickets, and birds remind them of the many simple joys available in the world around them. With twenty-eight full-page color illustrations by artists Nguyen Thi Hop and Nguyen Dong, this book will delight children while serving as a valuable resource for parents and teachers.

作者介绍:

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