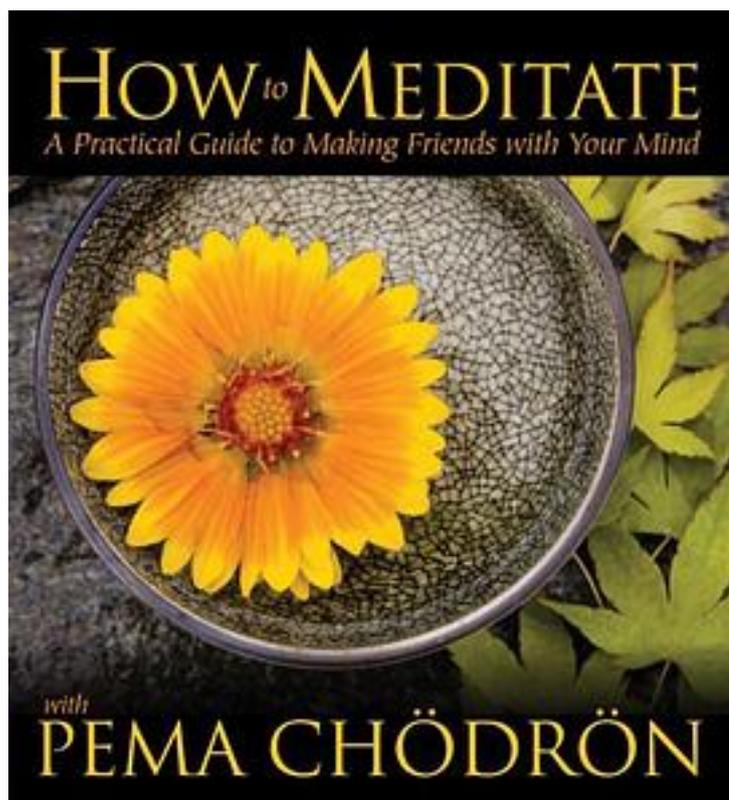


Meditation



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The Life Balance series gives young readers the tools they need to make smart decisions as they navigate the challenges of everyday life. This important series provides 10-13 year-olds with information, support, and concrete solutions to difficult problems. It also promotes a healthy mental attitude. Each book includes a glossary and a list of related books, organizations, and web sites for more information. Teens with busy, stressful lives have a lot to gain from the relaxing effects of meditation. Debunking old myths about the practice of meditation, Linda Wasmer Andrews offers a

fresh, fun, and practical look at what meditation is and what it can do for you. Relieving stress and learning to concentrate are two important abilities that can be applied to school, sports, or anything else in life. Step-by-step instructions introduce readers to various relaxation exercises, including mini-meditation for taking tests, breathing exercises, and mindful smiling to make you feel at peace.

作者介绍:

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