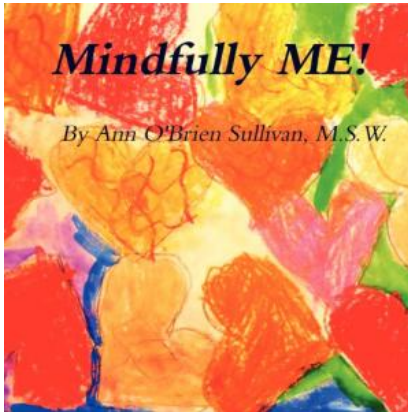


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Lulu.com, United Kingdom, 2012. Paperback. Book Condition: New. 216 x 206 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindfully Me is a playful book for ages 4 to 10, to assist children with anxiety, mood management, or focusing issues. Designed for use by therapists, counselors, and parents, Mindfully Me is a simple tool to help children learn about the concept of mindfulness. Presented in a playful poem, Mindfully Me teaches them this clinically effective practice of...

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- Authored by Licsw Ann O Sullivan
- Released at 2012



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