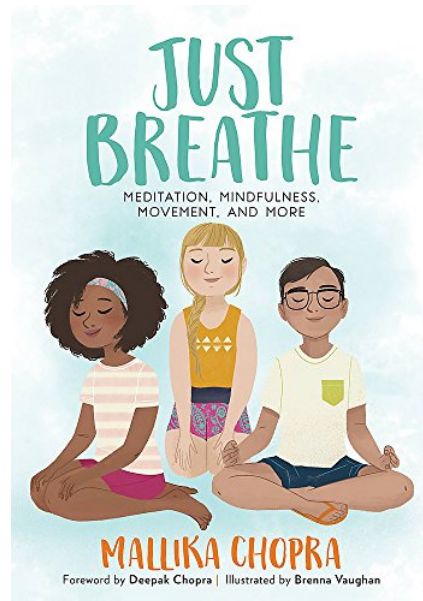


[GET] Just Breathe: Meditation, Mindfulness, Movement, and More



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For kids ages 8 to 12, this is an accessible and fun meditation and mindfulness how-to book filled with full-color illustrations, written by Mallika Chopra and with a foreword by Deepak Chopra. Just Breathe is a fun and accessible, fully illustrated go-to meditation guide written by none other than Mallika Chopra, wellness expert and the daughter of Deepak Chopra. For kids ages 8 to 12, this book is full of specific exercises to help deal with day-to-day challenges and tips to lead a healthier, happier, and more connected life. The book includes practical advice on breathing techniques and guided meditations for a number of topics and scenarios, including:

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