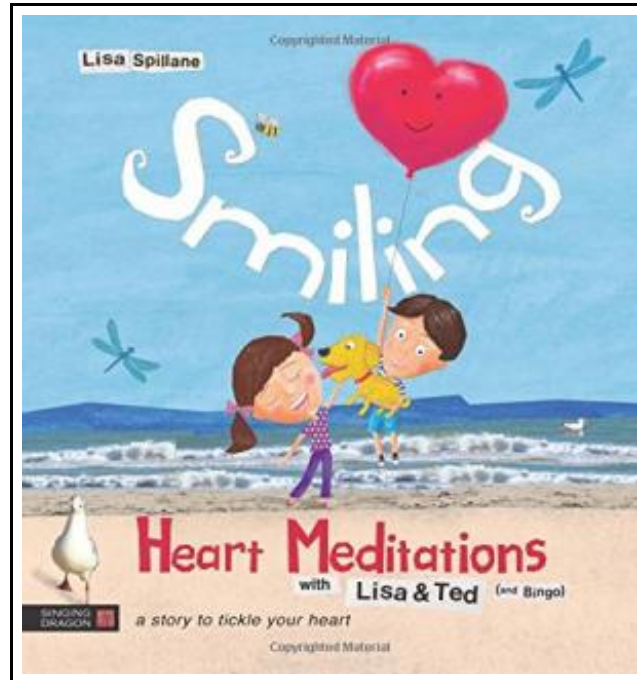


Smiling Heart Meditations with Lisa and Ted (and Bingo)



Filesize: 3.84 MB

Reviews

This written publication is wonderful. It is probably the most incredible publication i actually have read through. Its been written in an extremely basic way in fact it is merely following i finished reading this publication where basically transformed me, alter the way i believe.
(Adan Fritsch)

SMILING HEART MEDITATIONS WITH LISA AND TED (AND BINGO)



Jessica Kingsley Publishers. Hardback. Book Condition: new. BRAND NEW, Smiling Heart Meditations with Lisa and Ted (and Bingo), Lisa Spillane, Even during a sunny, fun-filled day of biking and playing on the beach, Lisa and Ted have times when they feel annoyed and impatient. Bingo, their dog, tells us about how they use special tricks to feel happy again. And, he surprises them with a special trick of his own! Smiling Heart Meditations with Lisa and Ted teaches effective techniques for overcoming feelings of impatience, frustration and anger. Joining in with Lisa and Ted is a fun way for children to see how meditation can help them. Combining deep breathing with smiling, visualization, gentle movements, touch and sound vibrations, the techniques are based on the Healing Heart Sound, an ancient form of qigong meditation that has its roots in Traditional Chinese Medicine. This engaging and brightly illustrated picture book is perfect for children aged 4 to 8 and will teach healing techniques to use whenever impatience and frustration strikes, helping them to be calm, happy and healthy.



Read Smiling Heart Meditations with Lisa and Ted (and Bingo) Online
Download PDF Smiling Heart Meditations with Lisa and Ted (and Bingo)

See Also



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read Document »](#)



Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Read Document »](#)



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually...

[Read Document »](#)



Oxford Very First Dictionary

Oxford University Press, United Kingdom, 2012. Paperback. Book Condition: New. Georgie Birkett (illustrator). 234 x 182 mm. Language: English . Brand New Book. A fully illustrated alphabetical first dictionary for 4-5 year-olds. A fresh new...

[Read Document »](#)



Dog Farts: Pooter s Revenge

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audiobook Inside! That s right. For a limited...

[Read Document »](#)