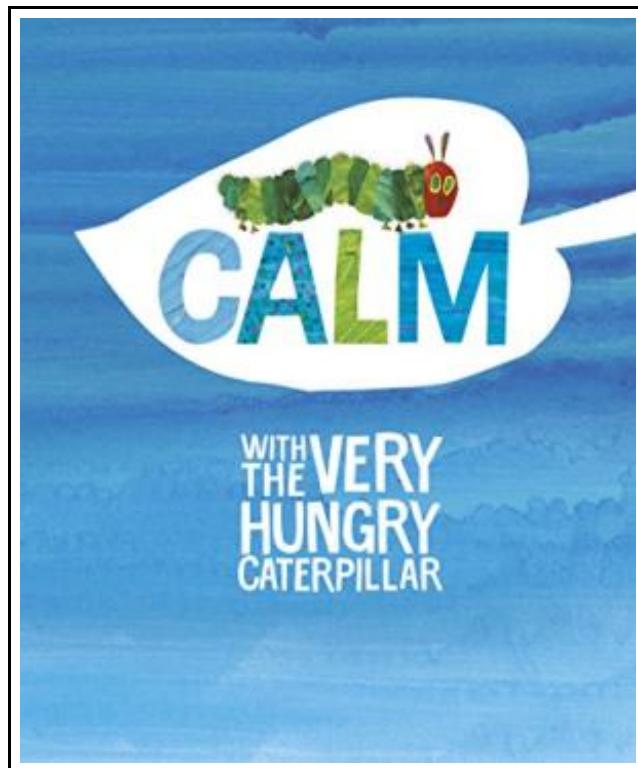


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Penguin Books Ltd, United Kingdom, 2016. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. This beautiful little gift book features a simple, easy-to-follow journey to relaxation, perfect for children and adults of all ages. When your monkey mind feels too jumpy.take a deep breath.to clear the cobwebs from your mind. Featuring the beautiful, contemplative artwork of The Very Hungry Caterpillar creator Eric Carle, this little book will help guide you to relax and calm your monkey mind. This beautifully illustrated and wonderfully written book helps children learn mindfulness as a life skill in a way they can build into their lives as a daily practice. (Professor Willem Kuyken, Director of the Oxford Mindfulness Centre, University of Oxford).

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