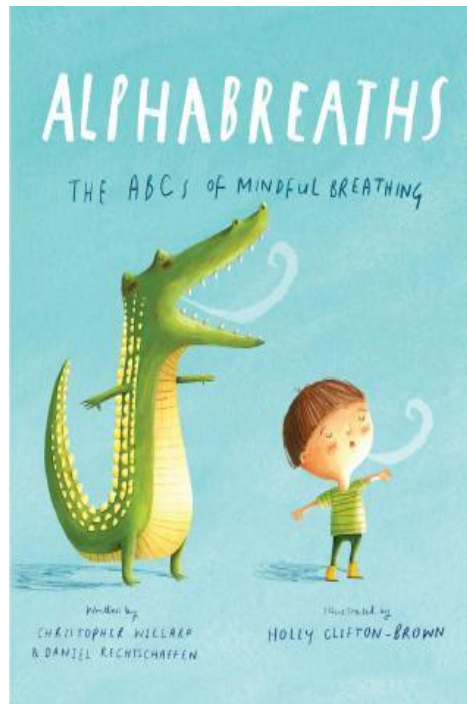


# Obtener libros electronicos Alphabreaths: The ABCs of Mindful Breathing

By Christopher Willard



## Books Details

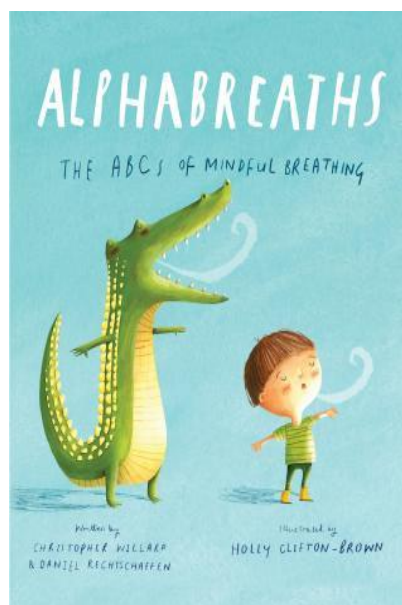
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## Books Descriptions

In Alphabreaths, children will learn their ABCs and the basics of mindfulness through playful breathing exercises. Breaths like Mountain Breath and Redwood Breath will connect them with nature, while breaths like Heart Breath and Wish Breath will help them remember to fill their heart with gratitude and send good wishes to others.

Simple, playful, and with delightful illustrations, Alphabreaths is the perfect introduction to mindfulness and breath awareness.

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