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Smiling Heart Meditations with Lisa and Ted (and Bingo)

By Lisa Spillane

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.



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