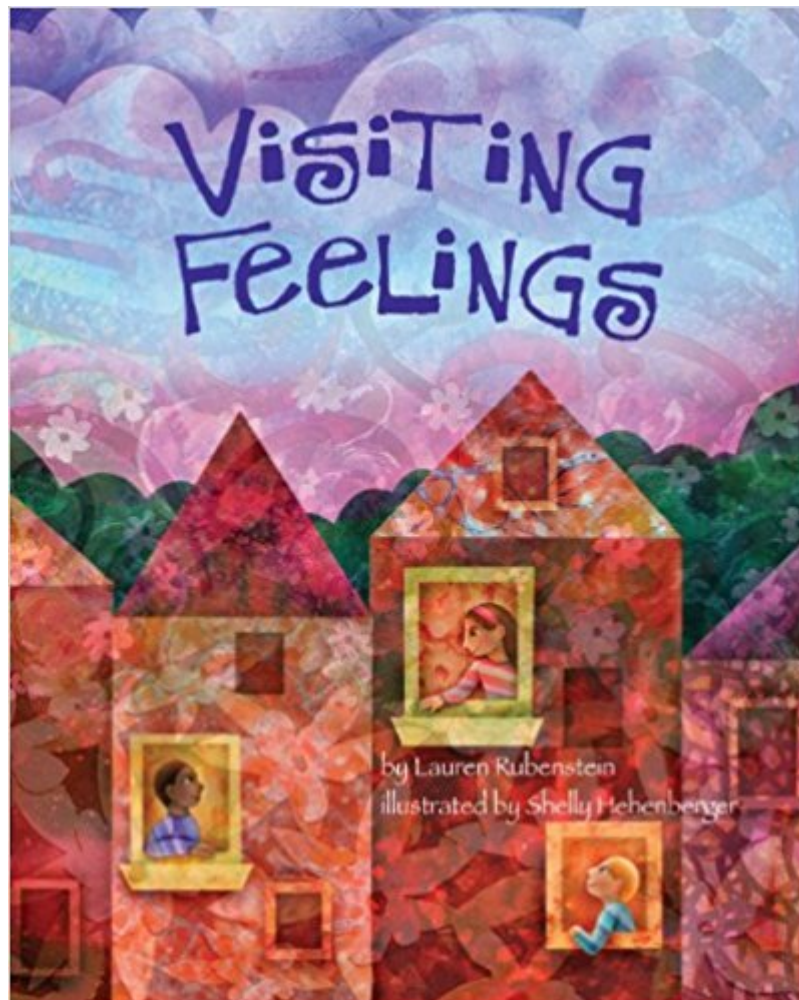


The book was found

Visiting Feelings



Synopsis

Gold Medal, 2013 Mom's Choice Awards Silver Medal, 2014 Nautilus Awards Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, Visiting Feelings invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

Book Information

Hardcover: 32 pages

Publisher: Magination Press; 1 edition (September 15, 2013)

Language: English

ISBN-10: 1433813394

ISBN-13: 978-1433813399

Product Dimensions: 0.5 x 8.2 x 10.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (50 customer reviews)

Best Sellers Rank: #20,970 in Books (See Top 100 in Books) #46 in Books > Medical Books >

Psychology > Clinical Psychology #85 in Books > Health, Fitness & Dieting > Mental Health >

Emotions #7001 in Books > Children's Books

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

[Download to continue reading...](#)

Visiting Feelings A Guide to Haarlem: Visiting Holland's Golden Age Beneath the Visiting Moon:

Images of Combat in Southern Africa (Issues in Low-Intensity Conflict Series) Best Castles -

England, Ireland, Scotland, Wales: The Essential Guide for Visiting and Enjoying Finding Them

Gone: Visiting China's Poets of the Past Sex is a Funny Word: A Book about Bodies, Feelings, and

YOU My Real-World Guide for Eosinophilic Esophagitis.: A guide to helping children, parents, and anyone else navigate through the thoughts and feelings associated with Eosinophilic Esophagitis.

MS and Your Feelings: Handling the Ups and Downs of Multiple Sclerosis The Food and Feelings

Workbook: A Full Course Meal on Emotional Health Feelings Buried Alive Never Die F*ck Feelings:

One Shrink's Practical Advice for Managing All Life's Impossible Problems Why You Get Sick and How You Get Well: The Healing Power of Feelings Self-Defeating Behaviors: Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back I would, but my DAMN MIND won't let me: A teen's guide to controlling their thoughts and feelings (Words of Wisdom for Teens) (Volume 2) Todd Parr Feelings Flash Cards THE FOURTH CHAKRA HEALING BOOK - DISCOVER YOUR HIDDEN FORCES OF TRANSFORMATION: To Heal Emotional Wounds, Feelings of Being Unloveable, Issues of Grief & Loss Emotions Revealed, Second Edition: Recognizing Faces and Feelings to Improve Communication and Emotional Life

[Dmca](#)