

[PDF] The Mindful Child: How To Help Your Kid Manage Stress And Become Happier, Kinder, And More Compassionate

Susan Kaiser Greenland - pdf download free book



Books Details:

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Author: Susan Kaiser Greenland

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Description:

The techniques of mindful awareness have helped millions of adults reduce stress in their lives. Now, children—who are under more pressure than ever before—can learn to protect themselves with

these well-established methods adapted for their ages. Based on a program affiliated with UCLA, *The Mindful Child* is a groundbreaking book, the first to show parents how to teach these transformative practices to their children.

Mindful awareness works by enabling you to pay closer attention to what is happening *within* you—your thoughts, feelings, and emotions—so you can better understand what is happening *to* you. *The Mindful Child* extends the vast benefits of mindfulness training to children from four to eighteen years old with age-appropriate exercises, songs, games, and fables that Susan Kaiser Greenland has developed over more than a decade of teaching mindful awareness to kids. These fun and friendly techniques build kids' inner and outer awareness and attention, which positively affects their academic performance as well as their social and emotional skills, such as making friends, being compassionate and kind to others, and playing sports, while also providing tools to manage stress and to overcome specific challenges like insomnia, overeating, ADHD, hyper-perfectionism, anxiety, and chronic pain. When children take a few moments before responding to stressful situations, they allow their own healthy inner compasses to click in and guide them to become more thoughtful, resilient, and empathetic. The step-by-step process of mental training presented in *The Mindful Child* provides tools from which all children—and all families—will benefit.

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