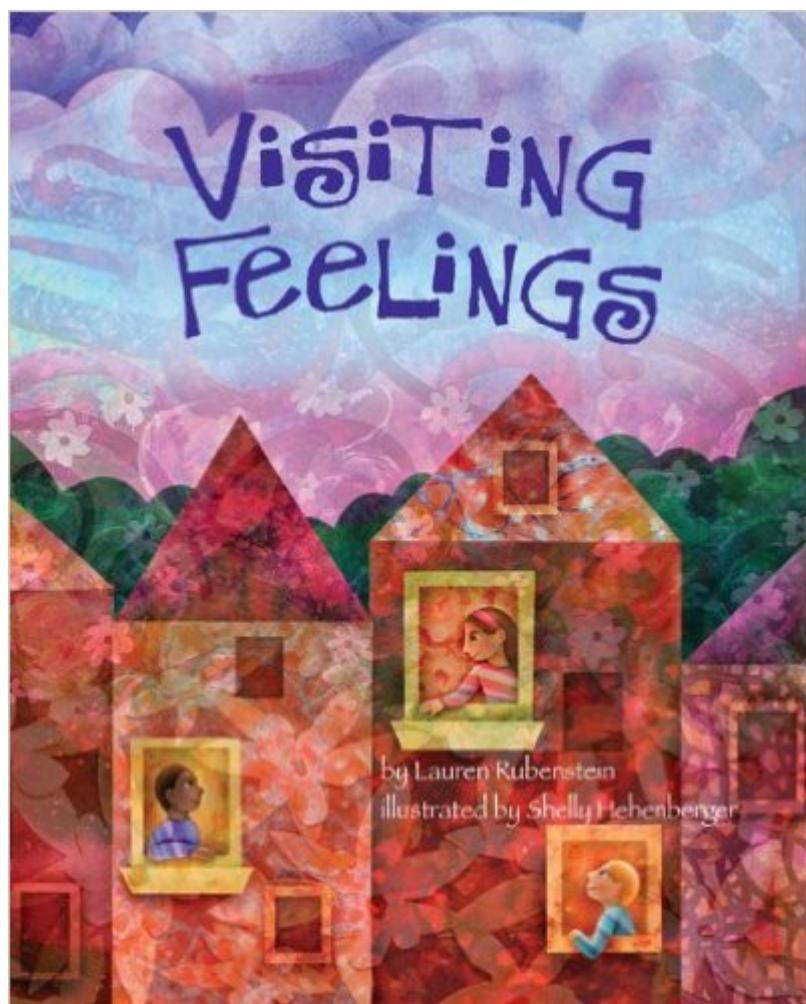


The book was found

# Visiting Feelings



## Synopsis

Gold Medal, 2013 Mom's Choice Awardsb>Silver Medal, 2014 Nautilus AwardsBeautifully 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

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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 starsÂ ¤ See all reviewsÂ (50 customer reviews)

Best Sellers Rank: #20,970 in Books (See Top 100 in Books) #46 inÂ Books > Medical Books > Psychology > Clinical Psychology #85 inÂ Books > Health, Fitness & Dieting > Mental Health > Emotions #7001 inÂ Books > Children's Books

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

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