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My Magic Breath : Finding Calm Through Mindful Breathing

My Magic Breath is his second children's book; his first was The Big Book of Hugs He is also the New York Times bestselling author of The Tapping Solution, The Tapping Solution for Pain Relief , and The Tapping Solution for Manifesting Your Greatest Self

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calm the mind Between the steady voice of the text, with its easy-to-follow steps, and the watercolour illustrations, with their colourful, flowing strokes, it does have the potential to achieve this

My Magic Breath: Finding Calm Through Mindful Breathing

Jul 15, 2022 · This book is a great way to teach kids how to take deep breaths to calm down or get rid of bad thoughts Beautifully illustrated My kid picked it up on the first read and we continue to refer to deep breaths as using our "magic breath " Highly recommend