

# OPTIMIZE YOUR CHILD'S MIND, BODY AND SOUL



A connection that will help build  
happiness and well being

**Nishma Shah**

Ms Nishma Shah

Optimize Your Child's Mind, Body and Soul: A connection that will help  
build happiness and well being



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Optimize Your Child's Brain, Body and Soul gives parents the knowledge and tools to break through the 'rat competition' of contemporary parenting. It addresses: Nutrition as well as your child, Maintaining a healthy body, Soulful diary, Yoga exercises Poses, Meditation, Healthy Meals, and finally tips on making the transformation This book is split into many chapters. Nishma witnesses therefore many adults experiencing various ailments, and she believes this book can help parents break through the pattern, and help raise healthful well-nourished children not only actually, but mentally and emotionally too.



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Must read for each parent This is essential read book for every parent. A excellent read for any parent An amazing and informative book. It is advisable to do the same. I actually learnt a couple of things about my very own well-being too!We am right now purchasing this reserve for every parent I know. This book is a superb guide on how best to do so. In this busy globe it is easy to forget to raise the whole individual.. I've learnt so much from nishma and plan to make dietary adjustments for my family, since scanning this book. Wow! There is so much to take but the framework, makes it easy to read and absorb.. Great book for just about any parent that really wants to enhance their child's health.I received an advance duplicate of the lovely and well written book. A clear and beautiful trip to wellness. Great book for any parent that really wants to improve their . That is truly an incredible book. There are so many life-changing ideas in this book, that anyone who accumulates it up will transform for some reason. I was lucky enough to obtain a free preview of this book and I have to say I was blown away by the immense wisdom that is alive in these webpages.



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