



Sleepy Magic

A magical step-by-step night-time ritual for
calm, connected and conscious children

Danielle Wright

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**Sleepy Magic: A Magical Step-By-Step Night-Time Ritual for Calm,
Connected and Conscious Children**



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Sleepy Magic is certainly a beautiful hardcover book that banishes those sleepless nights and strengthens your relationship, while nurturing stillness and self-worth in your kids. Through her very own transformation, Sleepy Magic is currently an integral part of her family's existence.' -Daily Telegraph
'Frustrated parents could do much worse than seated with their children for a nightly program of winding down and self-soothing' -Big Concern Danielle Wright is a mother of two young boys and writer of Sleepy Magic. 'We can all have a leaf out of this book and learn how to de-tension and create a relaxed space. It offers parents tools for calm, connected and conscious kids. She ran an effective advertising agency for 12 years, and after choosing to move on, found her enthusiasm for art, composing, and having a more loving, joyful, calm and forgiving state of mind. It is a simple night-period sleep ritual that combines meditation, affirmations, imagination, and an essential breathing technique.



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