

## Annekarien Van de Velde

## Feel Your Way Through Life: A Spiritual Guide for Children



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It also displays them in a playful way that they are not their mind but instead the calmness within. Feel THE RIGHT PATH Through Life teaches kids how to relax their busy mind.



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Appreciate it! If you are looking for a reserve that teaches children in a straightforward and engaging method how to focus on their breath and relaxed their mind I can highly recommend this book. I'd like to leave an assessment for this book, as it is a great simple meditation guide for children. The publication is clearly created and illustrated with lots of love and it displays when you read it. 'Feel the right path through existence' is beautifully created and the bunny illustrations are engaging and pretty.



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