

THE KID'S USER GUIDE TO A **HUMAN LIFE**

**BOOK ONE:
AN OPEN MIND**



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The Kid's User Guide to a Human Life: Book One: An Open Mind



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Brenner's simple and interesting explanations and Brooke Kemmerer's beautiful artwork promote positive alternatives to working w This is a fascinating new approach that adolescents can use to gain control over the stress in their lives. Ms. Brenner's basic and interesting explanations and Brooke Kemmerer's gorgeous artwork promote positive alternatives to dealing with the changes we all face inside our journey through lifestyle. An excellent book for all age range! Ideal for grow-ups, too! I love the language--for example, the Open up Mind and the Chattering Mind. I hope my 12-year older son sees this inside our Kindle library and can be attracted to it. I bought this book because We am currently piloting a mindfulness system in the elementary college where I teach and I am passionate about neuroscience and the keys it holds for a happier lifestyle in this busy tradition. Dr. The vocabulary is simple more than enough for adolescents to comprehend, and the stunning illustrations help further each point. They are life abilities and all children can reap the benefits of this guide to help them attain a healthy and happy life! This book is crucial, not merely for tweens and teens, also for adults who've experienced the negative self-talk that often fills our minds. Mindfulness is such an important subject-- and I love how Rebecca and Brooke elect to create a publication on this subject for the important age group of 8-14. Brenner explains mindfulness in a brand new, lovely way which will hopefully impact all who examine it. I recommend it. This is normally an excellent tool for kids of most ages! Thank you! Five Stars Excellent book about mindfulness that is highly relevant to adults and teens. That is a beautifully illustrated handbook for children entering adolescence This is a beautifully illustrated handbook for children entering adolescence.! Although I wish I could have benefitted from it as an elementary or middle college student, I still thoroughly loved reading it as a grown-up! As a Montessori teacher, I love how honest and obvious the book's message is usually-- a respectful and basic way to steer children onto the road of self-awareness and inner peace. That is a book that needs to be kept close by throughout all levels of life. Five Stars This book changed my sons life. Mindfulness is such an important topic-- and I really like how Rebecca and Brooke elect to create a book ... The writer has done a wonderful job presenting how our brains work, and how we can achieve a healthier mind-set by cultivating recognition. My kids loved the illustrations, too. Well done! This is essential read! It manuals us through an essential part of the human presence: our romantic relationship with ourselves and our capability to cultivate mindfulness.! This is such an excellent book for just about any parent to read with their kids. Wonderful chance to talk about! Rebecca's writing is actually eloquent and inspiring since it is written from her own experiences. The illustrations are magical more than enough to pull anyone in, and the chapters act as great discussion factors in a classroom or home hoping to implement mindfulness and increase thoughtful, empowered children. An invaluable resource! I highly recommend this book for almost all ages. The tools for learning how exactly to recognize and noiseless a chattering mind are not only helpful for children but adults will advantage as well. This book is a must for tweens, teens, and adults! The "chattering brain" begins at a young age and I want I had this hand book to greatly help guide me back to what's important in existence. We don't have a child but reading this publication makes me desire I did so! I would like the chance to explore this publication with a child and hear the questions that the many concepts would increase. I suspect this might be a great learning opportunity for both the adult and the child, and it will be a lot of fun along the way!



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