



THE MINDFUL DRAGON

Steve Herman

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The Mindful Dragon: A Dragon Book about Mindfulness. Teach Your Dragon To Be Mindful. A Cute Children Story to Teach Kids about Mindfulness, Focus and Peace. (My Dragon Books) (Volume 3)



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How can you do it? An absolute must have reserve for children and parents to teach kids the importance of mindfulness, focus and peace... But what if your dragon is worried about so a lot of things? ... What do you do? You teach him about mindfulness - You teach him to be careful! Having a pet dragon is quite fun. Understand this book now and revel in! Fun, sweet and entertaining with beautiful illustrations, this playful publication will teach kids on the subject of mindfulness. He worries on the subject of the past, and about the near future. You can teach your dragon to sit, stand, roll over, and you could even potty train him. Understand this book now and discover how!



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Not actually about mindfulness Really wanted to like this book. The Mindful Dragon simply found its way to the mail yesterday and we've already read it about 10 times at her request.. Rather than understanding that kids need to process their emotions and feelings. Mindfulness isn't about not feeling hard emotions or not really crying. I wanted something my kids could relate to. Good Shape Good book with an excellent message great book I love when he eats the berries. I actually am a mental health therapist that works together with children . This publication encouraged the youngsters to "wipe away their tears and smile" in order to live in today's.. The story was Wonderful, but the book I received had some pages upside & Great reminder for me personally everytime I examine it to them! I've used this reserve in sets of kids effected to instruct them mindfulness. They have responded well to this book and appear to be able to relate to the Dragon. Great companion to the anger publication. -Edward 5 It had been a good story and I really loved the rhythm Five Stars Such a lovely book to help children understand and manage those big feelings Mindfulness for the very young Very positive spin on worries and how to overcome them, written for young readers and listeners. It discusses using mindfulness and concentrating on the present whenever you're feeling sad or overwhelmed. Smart way to introduce young kids to mindfulness I purchased this book along with "Train Your Angry Dragon" and both of these are great books. ? I am a mental health therapist that works with children in the colleges.* The Mindful Dragon is a adorable book about how exactly things in life can be out of our control (past) AND we've control over what we do right now. He must have really liked the pictures and I love the message for me (simple words to find the message across). At first I wondered if it had been on purpose ,but noticed cut off words. The story is Excellent! The problem the book came... My four season old actually liked it and wished to read it over and over again but when asked to speak about it, he didn't get the message. . Mindful Dragon Cute story for the grand children.. 3 year old son and 5 year older daughter love this book My 3 year old son and 5 year old daughter like this book. Simple words without being simplistic about mindfulness. In the area where I function and live, we have had a lot of disasters previously few weeks and the community has had to pull together. Good for adults too *. what got cut off at the bottom of some webpages? I think it is better for older kids.not so much Would buy again Great book for kids to learn how to maintain grace under pressure. (Become totally got the message for the saying no-one and the birthday one -kind of for the bullying one). The 1st 7pages upside down? Great story with a great message This book is super cute and includes a great message. The illustrations are well done and the composing is easy to follow. I wish this reserve came in hardcover! Great book for kids Great book My child loves these books. We have a bunch of books out of this series; they really resonate with my girl (almost 3). We typically find footholds for discussing difficult feelings in the content of the books. My children love dragons and we practice mindfulness inside our home.. This is not it. Cute pictures and a simple rhyming tale that introduces young kids to the idea of mindfulness. Very exciting book and a good one to increase your shelf in case you have a worrier.



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