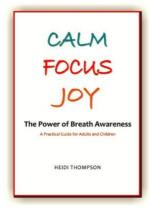
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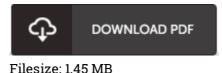
## CALM FOCUS JOY: THE POWER OF BREATH AWARENESS - A PRACTICAL GUIDE FOR ADULTS AND CHILDREN



Coldstream Books. Hardcover. Book Condition: New. Hardcover. 286 pages. Dimensions: 9.7in. x 6.9in. x 1.0in.CALM FOCUS JOY teaches adults and children breath awareness - one of the simplest, most effective exercises for improving concentration and feeling calmer. Breath awareness is fundamental to most stress-reduction therapies and meditation methods. Studies have found that practicing breath awareness regularly increases cognition, relieves depression and anxiety, awakens empathy, and enhances brain functions. The books comprehensive guidelines include lessons for adults, read-aloud instructions for children,...

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