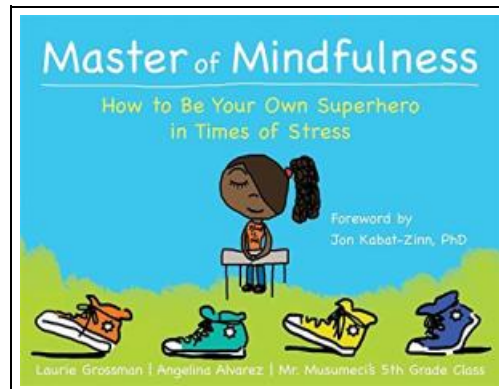


## Master of Mindfulness: How to be Your Own Superhero in Times of Stress



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**(Abbie Feest)**

## MASTER OF MINDFULNESS: HOW TO BE YOUR OWN SUPERHERO IN TIMES OF STRESS



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Master of Mindfulness: How to be Your Own Superhero in Times of Stress, Laurie Grossman, Mr. Musumeci's 5th Grade Class, Do you ever feel angry, disappointed, or stressed out about family problems, school, bullies, or trouble with friends? If so, mindfulness can help. Master of Mindfulness is a unique and empowering book written for kids by kids, with cool illustrations and tips that show you how to be confident, get focused, stay calm, and tap into your own inner strength so you can be your own superhero-no matter what life throws your way! Childhood is supposed to be a happy, carefree time, but the truth is that all kids have stress-especially when dealing with difficulties at school, at home, or with friends. Sometimes things happen in life that are hard, and you can't stop thinking about them, or you react too fast. You might be mad, sad, irritated, embarrassed, anxious, jealous, or even disappointed with yourself when things don't go the way you would've hoped. And when you're really upset, it's hard to make good decisions-you may end up doing something you later regret, or that gets you into trouble. You could probably use some help-and fast!-but where can you turn? This book will give you the skills you need to discover your own superpowers by showing you how mindfulness-like stopping to take a few deep, mindful breaths-can help you calm down and deal with things differently. Written by Laurie Grossman, cofounder of Mindful Schools, and Mr. Musumeci's fifth grade class at Reach Academy in Oakland, CA, Master of Mindfulness presents mindful activities proven to make it easier to pay attention, accept yourself and others, manage your anger, and even get to sleep at night. The book features cool, mixed media...



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