

Gorilla Thumps And Bear Hugs A Tapping Solution Children S Story

Offers an introduction to EFT told through story, activities and rhyme, enhancing children's learning and capturing their interest in EFT. This book is suitable for reading and sharing with your children and can be used as a teaching resource in the classroom or as a tool in therapy.

From the author of the popular *Introvert Doodles* and *Kind of Coping*, Maureen "Marzi" Wilson is tackling all kinds of big feelings with over 175 relatable, supportive, and light-hearted comics in her signature style. We've been conditioned to think that the most acceptable response to "How are you?" is, "I'm fine." But our emotions are much more complicated than that! Sometimes we feel a little annoyed, or elated, or afraid. And you know, that's okay! In *The Little Book of Big Feelings*, Maureen "Marzi" Wilson takes us on a journey of self-acceptance and validation. After all, our emotions are only reactions to experiences that we can learn from; there's no such thing as a "bad" emotion. It's okay to be scared, it's alright to feel hopeful, and it's perfectly fine to feel both at the same time. There is a wide range of human emotions, and it's time we start embracing each one!

Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In his upcoming book, *The Tapping Solution*, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

Tap Your Way to a Great, Big Smile: A Practical Guide for Kids to Learn Emotional Freedom Technique, EFT Tapping and Develop Emotional Intelligence Are you a parent looking for a simple and fun activity to help your kids improve their physical and emotional well-being? Would you like your kids to develop emotional intelligence through a simple, mindful exercise that can be practiced anytime, anywhere? If so, it's time to learn about EFT Tapping! Emotional Freedom Technique, or EFT for short, is a therapeutic practice that combines ancient Chinese Acupressure with techniques of modern psychology. Tapping uses meridian points to relieve tension and stress throughout the body. While people of all ages can benefit from EFT tapping, this technique is especially effective for kids. The repetitive rhythm of tapping is a powerful method for calming them down. Positive affirmations are used along with tapping to help kids improve their self-confidence. So, if your kids have had a rough day at school (or at home during COVID), or if they have been feeling anxious, it is time to introduce them to EFT tapping! And what better way is there, than through rhythmic movements and positive affirmations? Inside this book, you will find: Simple and kid-friendly instructions on how tapping works, step by step A great tool to help kids learn to identify different emotions, even if they are not fully verbal Simple and powerful affirmations to help kids build self-confidence Kid-friendly diaphragmatic breathing exercise to help them calm down and relax, instantly AND SO MUCH MORE! Kids are undoubtedly faced with different stress triggers throughout the day. This is why EFT tapping is so important to their emotional well-being. This book will teach your kids how to calm down when they're having a difficult time, and help them build emotional intelligence at an early age. So Scroll Up, Click, 'Buy Now' and Start "Tapping your way to a great big smile!"

What if the thoughts that trigger your child's anxiety were neutralized? What if the butterflies in their stomach, the sweat on their palms, and the desperate look in their eyes for help were transformed? And what if they had the skills to affect this transformation themselves? This book provides a pathway to do just that. In this story, you'll meet Nelly Moon who gets extremely nervous before riding the bus to school. Just thinking about the bus makes Nelly jittery! Fortunately, she's befriended by a sweet alien named Neutrino who takes her on an international adventure to learn something called the Emotional Freedom Technique (EFT) or tapping. Nelly uses tapping to ease her anxiety and boost her confidence. Tapping is a technique backed by mounting scientific evidence to calm the nervous system to restore balance in the mind and body. Your child can read this beautifully illustrated story and workbook to learn the simple yet powerful anxiety relief technique of tapping. Ready to get started? As Neutrino says, "Come on, youthlings, let's GoTapping!"

Menkaraa is a vampire story like no other. The time is early 1400's in a village tucked away in Africa. The main character is a moody reclusive vampire named (men-kaw-raw). His family has been destroyed by a war that took place thousands of years ago and he laments the circumstances that led up to his family's demise and his unfortunate curse. Enter Sarset a beautiful village woman who Menkaraa has been smitten by, unknown to her he has longed for her from afar. She has tried to escape the ravages of the foreign occupied people in her beloved home Karna k. She prays to her ancestors to send a champion to her village and smite the tormentors of her people. Will Menkaraa take on the challenge in this era and help Sarset or will he remain in the backdrop of this time and tend to his own selfish needs and desires. Enter this world of the supernatural and real and experience the triumphs and failures of a being that is both alive and dead.

The Singularity. It is the era of the posthuman. Artificial intelligences have surpassed the limits of human intellect. Biotechnological beings have rendered people all but extinct. Molecular nanotechnology runs rampant, replicating and reprogramming at will. Contact with extraterrestrial life grows more imminent with each new day. Struggling to survive and thrive in this accelerated world are three generations of the Macx clan: Manfred, an entrepreneur dealing in intelligence amplification technology whose mind is divided between his physical environment and the Internet; his daughter, Amber, on the run from her domineering mother, seeking her fortune in the outer system as an indentured astronaut; and Sirhan, Amber's son, who finds his destiny linked to the fate of all of humanity. For something is systematically dismantling the nine planets of the solar system. Something beyond human comprehension. Something that has no use for biological life in any form...

Gorilla Thumps and Bear Hugs A Tapping Solution Children's Story Hay House, Inc

Introducing a companion picture book to the award-winning picture book, *The Journey*, from rising star Francesca Sanna. When a young immigrant girl has to travel to a new country and start at a new school, she is accompanied by her Fear who tells her to be alone and afraid, growing bigger and bigger every day with questions like "how can you hope to make new friends if you don't understand their language?" But this little girl is stronger than her Fear. A heart-warming and timely tale from the bestselling author and illustrator of *The Journey*, this book shows us the importance of sharing your Fear with others--after all, everyone carries a Fear with them, even if it's small enough to fit into their pocket!

The first book on "TFT" by its founder Thought Field Therapy (TFT) has already changed the way thousands of people have overcome emotional problems. Now, in *Tapping the Healer Within*, the founder of TFT shows readers how to harness its healing power on their own, to overcome phobias, anxieties, addictions, and other common psychological problems. The process combines principles of Western and Eastern healing methods, using energy points in the body to release emotional distress. Starting with A and ending with Z, this beautifully illustrated book will show young readers the many ways they can make the world a kinder place. A diverse cast of children shows everyday acts of kindness and generosity through thoughtful and vibrant illustrations. Whether it be donating blankets to the animal shelter, helping with chores, or standing up for what's right, this is the perfect book to spark conversations at home or in the classroom about the concepts of empathy and compassion. Featuring durable cardstock pages and approachable language, this book will encourage children to be their best selves wherever they go. This book presents the research and evidence behind Emotional Freedom Technique in an easy-to-read manner and also offers client stories of their experiences. What is EFT, and what happens when you use it? Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called "tapping," EFT has been utilized by thousands people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In *The Science behind Tapping*, you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities.

The author uses two unique therapies called Energy Therapy and Emotion Freedom techniques (EFT) to help your children achieve instant freedom from negative emotions and limiting beliefs.

"The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game-changer when it comes to leading women out of weight loss hell." — Cheryl Richardson, New York Times best-selling author of *The Art of Extreme Self-Care*

Placing conditions on our lives and our happiness has become the norm. We see it all the time: We must establish a career before looking for a relationship. We must find love before feeling fulfilled. We must feel stressed out until we finish everything on our to-do list. But by far, the most common conditions we put on ourselves revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now there's a better option. Using tapping, also known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds—without dieting, deprivation, or extreme exercise. Tapping, a tool that is based on the principles of both ancient acupressure and modern psychology, helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles. Say good-bye to the cravings, panic, and self-doubt that keep you in a constant fight against your body! Using her own struggles with weight loss, along with success stories of some of the thousands of women she's worked with, Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self-worth challenges. This proven process is based on extensive research into the effects of tapping on stress hormones, and it provides simple, step-by-step instructions throughout and easy tapping meditations at the end of each chapter. With this loving and supportive guidance you can learn to create a more empowering relationship with food, find pleasure in exercise, and implement self-care into your life. So join Jessica and learn to love yourself and your body!

Children can learn a safe, simple way to deal with uncomfortable emotions. The solution is right at your fingertips! By tapping points on your body, a process done in the clinically proven EFT, together with guided responses, the wizard demonstrates how you can feel better in minutes!

Now available in a new format and fresh package: a children's book by the authors of the New York Times best-selling children's book *Incredible You*. This book offers 10 lessons for children for leading fulfilled, self-actualized lives. Dr. Wayne W. Dyer believed that if children could hold on to the no-limit thinking they were born with rather than trying to fit in, they could learn to truly enjoy life and become unstoppable as they strive to attain their dreams. Newly repackaged with a fresh format and cover, *Unstoppable Me!* is based on 10 important lessons, including the value of taking risks, dealing with stress and anxiety, and learning to enjoy each moment. Each point includes an example showing how a child might apply the concept in his or her everyday life. At the end of this book, a reader's guide offers 10 questions to help spark discussion and to further reinforce Wayne's message. Whimsically illustrated by Stacy Heller Budnick.

'Angela's Ashes' is the memoir of retired schoolteacher Frank McCourt. He grew up in New York in the 1930s and in Ireland in the 1940s, in a large family, with an alcoholic father. It is a story of courage and survival against apparently overwhelming odds.

Dealing with grades, bullying, friendships, parents, crushes . . . it's enough to make any teenage girl wish she could snap her fingers and make it all go away. The good news is, you almost can—except it's not "snapping" but "tapping"! Formally known as Emotional Freedom Techniques (EFT), this revolutionary practice can help you reduce your feelings of anxiety and overwhelm, boost your confidence, and unpack the "stress backpack" you may not even know you're carrying. In *The Tapping Solution for Teenage Girls*, expert EFT practitioner Christine Wheeler explains the basics of the technique (it actually involves tapping, with your fingers, on energy points on your own body, and you can do it anywhere, anytime). Then she gives you simple yet powerful instructions for tapping on common challenges such as:

- Schoolwork, tests, grades, and planning for college
- Appearance and body image
- Dating, breakups, and dealing with sexual feelings
- Divorce, siblings, and blended families

Throughout the book, comments from 16-year-old Cassidy, the author's teen consultant, keep it real with helpful perspectives on how this tapping thing works—and it does work! In these pages, you'll discover that a super effective tool for dealing with stress is literally at your fingertips. If you're ready to be true to yourself, stop freaking out, and keep being awesome, *The Tapping Solution for Teenage Girls* is the perfect solution for you!

Unleash Your Primal Power provides a technology for making lasting personal change by combining ancient wisdom and modern psychology. The technique is simple and easily mastered within the first chapters of the book. The remaining chapters offer fun and effective exercises that you can implement immediately to increase your health and happiness.

The #1 New York Times bestselling and Newbery Award-winning novel *The One and Only Ivan* is now a major motion picture streaming on Disney+. This unforgettable novel from renowned author Katherine Applegate celebrates the transformative power of unexpected friendship. Inspired by the true story of a captive gorilla known as Ivan, this illustrated book is told from the point of view of Ivan himself. Having spent twenty-seven years behind the glass walls of his enclosure in a shopping mall, Ivan has grown accustomed to humans watching him. He hardly ever thinks about his life in the jungle. Instead, Ivan occupies himself with television, his friends Stella and Bob, and painting. But when he meets Ruby, a baby elephant taken from the wild, he is forced to see their home, and his art, through new eyes. In the tradition of timeless stories like *Charlotte's Web* and *Stuart Little*, Katherine Applegate blends humor and poignancy to create an unforgettable story of friendship, art, and hope. *The One and Only Ivan* features first-person narrative; author's use of literary devices (personification, imagery); and story elements (plot, character development, perspective). This acclaimed middle grade novel is an excellent choice for tween readers in grades 5 to 8, for independent reading, homeschooling, and sharing in the classroom. Plus don't miss *The One and Only Bob*, Katherine Applegate's return to the world of Ivan, Bob, and Ruby!

Raising children is life's greatest gift and accomplishment, but it can also come with an overwhelming amount of stressors, anxiety and self-doubt. Am I modeling the type of person I want my child to become? Am I doing enough to prepare my child to strive in an ever-changing world? Are my children happy and confident in themselves? In *The Tapping Solution for Parents, Children & Teenagers*, Nick Ortner encourages readers to first take a look at their own stressors and worry as parents, reminding readers that self-care is vital to helping others. In the first section of the book, parents are guided on using the revolutionary technique known as EFT (Emotional Freedom Techniques) Tapping to release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood. In the second section, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, sadness, grief, guilt, and shame, to overcoming specific challenges such as anxiety disorders, sleep, nightmares, performance anxiety, bullying, school jitters, divorce and much more. Through the use of diagrams, links to videos, and Tapping tips, *The Tapping Solution for Parents, Children & Teenagers* is an easy-to-use resource to solve everyday issues taking place in our homes.

Help Your Child Learn Anger Management Skills for a Lifetime. While some children instinctively know how to regulate their emotions, plenty of others lack the skills they need to express their anger in healthy and effective ways. This warm, engaging workbook helps children ages 5-10 develop strong skills for managing their anger through 40 fun activities. From identifying their feelings and challenging negative thinking patterns to practicing healthy coping skills when angry feelings arise, kids will learn to feel calmer and more in control--and to form better relationships with family and friends and ease problems at school. A bonus section at the end of each chapter encourages kids and their families to practice the skills they've learned for even greater success. Here's what you'll find in the *Anger Management Skills Workbook for Kids*: * SIX ESSENTIAL SKILLS everybody needs to find calm and control. * 40 AWESOME ACTIVITIES that help kids develop these important skills. * BONUS GAMES AND EXERCISES at the end of each chapter to practice the skills learned with family and friends. This positive, interactive book will help your child calm down, cope, and cool a hot temper with skills that will last them a lifetime.

#1 New York Times bestseller · Seven starred reviews · Boston Globe-Horn Book Award Honor Book "For all the struggle in this book, Thomas rarely misses a step as a writer. Thomas continues to hold up that mirror with grace and confidence. We are lucky to have her, and lucky to know a girl like Bri."—The New York Times Book Review This digital edition contains a letter from the author, deleted scenes, a picture of the author as a teen rapper, an annotated playlist, Angie's top 5 MCs, an annotated rap, illustrated quotes from the book, and an excerpt from Angie's next novel, *Concrete Rose*. Sixteen-year-old Bri wants to be one of the greatest rappers of all time. Or at least win her first battle. As the daughter of an underground hip hop legend who died right before he hit big, Bri's got massive shoes to fill. But it's hard to get your come up when you're labeled a hoodlum at school, and your fridge at home is empty after your mom loses her job. So Bri pours her anger and frustration into her first song, which goes viral . . . for all the wrong reasons. Bri soon finds herself at the center of a controversy, portrayed by the media as more menace than MC. But with an eviction notice staring her family down, Bri doesn't just want to make it—she has to. Even if it means becoming the very thing the public has made her out to be. Insightful, unflinching, and full of heart, *On the Come Up* is an ode to hip hop from one of the most influential literary voices of a generation. It is the story of fighting for your dreams, even as the odds are stacked against you; and about how, especially for young black people, freedom of speech isn't always free.

This heartwarming tale tells of Danny Morgan, who learns the meaning of courage and friendship when he is confronted by, and befriends, the schoolyard bully. With dignity, wit, and compassion, Danny's mentor shows him that he cannot solve his problems by running away — or by becoming a bully himself.

More than 100 million Americans deal with chronic pain every day. And if you're one of them, you've probably tried all the normal "solutions": doctors, injections, medications, and surgeries. While these all have a place in healing, they have fallen short in dealing with the pain epidemic. So what can you do? In *The Tapping Solution for Pain Relief*, Nick Ortner presents a startling alternative. He lays out a step-by-step plan that teaches you how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain, stress, and tapping, he opens your eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides you on a journey that begins on the surface—tapping to address the pain itself—and moves to the deeper issues that often affect pain. With easy-to-follow tapping scripts and exercises, Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that you may not think of as associated with chronic pain, such as: •Creating personal boundaries •Dealing with toxic relationships •Clearing resistance to change •Understanding the power of a diagnosis •Working through anger There are many ways the brain and body can create, increase, and prolong pain. After reading this book, you'll not only understand what's causing your pain but also how to achieve complete and lasting relief. But let's face it; this is about more than just pain relief. It's about empowering yourself to take back your body in order to live the life you want.

A cloth bag containing 20 paperback copies of the title that may also include a folder with sign out sheets.

Presents techniques and strategies that young children who suffer from Asperger's syndrome can use when they find themselves becoming angry.

Being kind is contagious as a new girl navigates the art of making friends in a picture book suited for children starting school or moving to a new place. When Sukie's family moves and she has to start at a new school, she feels shy and lonely at first. But soon she learns that receiving small acts of kindness--someone saying hi, or saving a hoop for her--makes her feel braver, and that passing friendliness along is a good feeling, too. Before long, Sukie, Joe, Poppy, and Stan are all becoming friends! Young readers are invited to join them as they explore meeting new people,

celebrating differences, being thoughtful, and standing up for one another.

Mia Monkey and Charlie Chameleon are her to help children to learn the magic of Energy EFT or 'tapping' as it is sometimes known. EFT helps to release any negative feelings and replaces them with positive ones.

"Your thoughts create your life!" This is the message that Louise Hay has been teaching people throughout the world for more than 27 years. Now, children can learn and understand the powerful idea that they have control over their thoughts and words, and in turn, what happens in their life. Within the pages of I Think, I Am! kids will find out the difference between negative thoughts and positive affirmations. Fun illustrations and simple text demonstrate how to make the change from negative thoughts and words to those that are positive. The happiness and confidence that come from this ability is something children will carry with them their entire lives!

"You Can't Be Too Careful" is a novel written by H. G. Wells and first published in 1941. Herbert George Wells (1866 – 1946) was a prolific English writer who wrote in a variety of genres, including the novel, politics, history, and social commentary. Today, he is perhaps best remembered for his contributions to the science fiction genre thanks to such novels as "The Time Machine" (1895), "The Invisible Man" (1897), and "The War of the Worlds" (1898). "The Father of Science Fiction" was also a staunch socialist, and his later works are increasingly political and didactic. Although never a winner, Wells was nominated for the Nobel Prize in Literature a total of four times within his lifetime. Many vintage books such as this are becoming increasingly scarce and expensive. We are republishing this book now in an affordable, modern, high-quality edition complete with a specially commissioned new biography of the author.

Barkley the Bear is now ready to continue his family's business, which involves taking care of everyone in the forest. What a job! Barkley worries that he will not be able to provide the care necessary for everyone, but he soon finds out how easy it is to help others, and how much you can get in return. New York Times best-selling author Nick Ortner, along with Alison Taylor, take you on a memorable journey of what's most important in life: Kindness, hugs, and a little bit of work.

The teenage years hold all the promise of adulthood, as well as being a transition from childhood. Yet they're also full of challenges; for teens themselves, for their parents, siblings, communities and friends. A story in Examiner.com calls Emotional Freedom Techniques (EFT): "one of the most successful psychology self-help techniques ever developed." It's a powerful stress-reduction method that combines elements of proven psychotherapy methods with acupuncture, fingertip tapping on acupuncture points. Over 100 scientific studies have shown that EFT is effective for many physical and psychological challenges, including anxiety, depression and stress. Studies with teens show that just a few minutes of EFT can erase stress related to: • Taking exams • Peer pressure • Family conflicts • The body changes associated with puberty • Social phobias • Sports performance • Weight management • Eating disorders... and much more. For teens needing a quick and simple method of navigating their life challenges, as well as for their parents and siblings, EFT for Teens will be a cherished resource.

Bursting with imagination, this ode to positive thought demonstrates a young girl's ability to use the power of her mind to transform her world. (Ages 3-7) I am thinking my life. Every day. I am creating a universe. I am communicating with the world. I think stars. I see stars. I am stars. I think myself smiling. I see myself smiling. I am smiling. I am sculpting my world. I am clay. I am motion. I am light. I am what I think. Follow along as a young girl discovers the relationship between her thoughts, actions, and her place in the world. This empowering story is all about dreaming, doing, and becoming, and how the power of positive thinking can transform our lives--and the lives of those around us--forever. A lyrically told, beautifully illustrated book that brings comfort to children--and adults--who have lost someone they love After Old Turtle swims his last swim and breathes his last breath, and the waves gently take him away, his friends lovingly remember how he impacted each and every one of them. As the sea animals think back on how much better Old Turtle made their lives and their world, they realize that he is not truly gone, because his memory and legacy will last forever. Jago's gorgeous illustrations accompany Cece Meng's serene text in a book that will help children understand and cope with the death of a loved one. Praise for Always Remember: "Without mentioning a deity or religion, the text discusses how people remember those who have died and how their lives live on beyond them. Understated, unsentimental, and gently done."--Kirkus Reviews "A sweet and poignant story with multiple layers for delving deeper."--School Library Journal "This makes a comforting choice for families dealing with loss."--Booklist

You are not alone if you are one of the staggering numbers of grandparents who are raising their grandchildren! Are you confused by the generational gaps, challenging communications, and tough questions like, "Why are my parents so old? Why is my father in jail? Why doesn't my mother show up to visit when she promised?" The Sacred Work of Grandparents Raising Their Grandchildren is the first book that contains answers and stories to address these unique issues and challenges—from one grandparent to another. You'll enjoy the practical suggestions on how grandchildren can manage and solve some of their own problems, while learning how to cope with your own distinctive life challenges. As a parenting grandparent, a kinship caregiver, a teacher, or a social service worker, you must read this book for invaluable insight. No other book takes on the complex challenges that parenting grandparents face with such depth and truth. How relieved and grateful you'll be for the inspiration, knowledge and wisdom by the time you reach the conclusion! "Through the stories told by grandparents themselves, Elaine K. Williams reveals the challenges, commitment, and love experienced by grandparents raising their grandchildren. This book not only provides understanding and helpful information, but will also touch the hearts of all who read it." —Sandy P., a grandparent who raised a grandchild "I've waited five years for this wonderful author, Elaine K. Williams, to complete her groundbreaking gathering of knowledge from three generations so that we can clearly see the patterns of grandparents who are raising their grandchildren. The most important points are to help grandparents understand the dynamics of the emotional and behavioral challenges their grandchildren face, and the impactful trauma that all generations experience. She brings the keys of caring, connection, and communication forward to assist families to heal. Highly recommended." —Dr. Caron Goode, EdD, NCC, author of the award-winning book Raising Intuitive Children

Renowned girl hero and feisty author Susannah McFarlane presents an illustrated collection of 'tilted' fairytales featuring girls with smarts. From New York Times bestselling author Nick Ortner comes a beautiful picture book that will help children discover calm through the magic of mindful breathing: Do YOU have the magic breath? Let's see... Take a deeeeeeep breath in...and BLOW it out... ...and like magic, you can feel better just by breathing! Sometimes it's hard to feel happy. But with this interactive picture book, children breathe along as they learn how to make angry or sad thoughts disappear. In a world that is sometimes too busy, with too many things going on, My Magic Breath will help steer children into a serene space of mindfulness, self-awareness, and balance. A wonderful classroom and naptime story, this book is perfect for fans of Susan Verde's I Am Yoga and I Am Peace, Mariam Gates's Good Night Yoga, and Deborah Underwood's The Quiet Book.

Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left her feeling sad and alone. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her confidence. Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping" and how you can use it for both yourself and your child to overcome stress, anxiety, negative emotions, and much more. Your child will love the fun descriptions and illustrations for each point, such as the Super Eagle Eye Point, Lion Cry Point, Dragon Fire Point, Wolf Point, and more. Your child will be having a blast as they howl,

hug, thump on their chest, act like a monkey, and more . . . all while learning how they can use Tapping to help themselves in real life! Brad Yates is a leading expert in EFT Tapping, and this book presents a unique series of tapping sessions designed especially for kids to help them get through a Garden of Emotions. Beautiful illustrations accompany each of the ten emotions, and instantly downloaded videos guide kids through them, created by EFT expert Brad Yates.

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