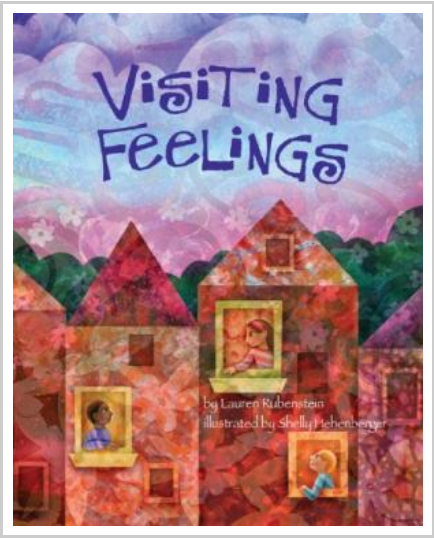


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Visiting Feelings (Hardback)

By Lauren Rubenstein

American Psychological Association, United States, 2013. Hardback. Book Condition: New. Shelly Hehenberger (illustrator). 257 x 206 mm. Language: English . Brand New Book. Do you have a feeling that s visiting today? Can you open your door and invite it to play? Visiting Feelings encourages children to treat their feelings like guests - welcome them in, get to know them, and perhaps learn why they are visiting. Through this purposeful and mindful exploration, Visiting Feelings harnesses a young child s innate capacity to fully experience the present moment and invites children to sense, explore, and befriend all of their feelings with acceptance and equanimity. A Note to Parents provides more information about emotional awareness and mindfulness, plus practical advice and activities for introducing mindfulness into daily family routine.

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