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contains 20 images that are similar in style to the book of the same name found reviewed by me on my blog, but these images are different from the original book and are drawn by different illustrators. ... Mindfulness & Calm Postcard Book: Adventures in Ink and Inspiration (Hobbies and Craft)... by Daisy Seal. £5.99 ...

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doing more or speeding up,
we do ...

7 Benefits of Mindfulness – Calm Blog

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The Black Pearls of Tahiti –

Calm Blog

Alexa and Chester learn kindness, compassion and how to share with the help of the magical Mindful Owl, and so will your children by the time they've finished this charming adventure. This gentle reader-participation book playfully imparts mindfulness and self-calming techniques, inviting children to put their new skills into action on every page.

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Nov 10 Join Kate Winslet on
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