



Mindfulness For Children - The Natural Way to Cure ADHD, Improve Focus and Schoolwork, and Have a Happy and Healthy Child

Tony Robson

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Mindfulness - The Key That Unlocks A Child's Potential

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Mindfulness is now a phenomenon that is sweeping the nation, even being featured on shows such as Oprah, Goodmorning America, and NPR. Although mindfulness originated from Eastern philosophy, it has quickly become just as popular in Western culture. I myself have witnessed the power of mindfulness, as I have been practicing it for 5 years, starting off with a 10-day mindfulness retreat in Kathmandu, Nepal. Since then, my goal is to bring what I learned back home, and teach those of all ages how they too may unleash the power of mindfulness.

In regards to children and mindfulness, there is nothing that will be more natural and beneficial to them. I see it as the greatest gift you can give to a child. Instead, practicing mindfulness will be a much more natural and beneficial solution. In this short yet informative ebook, children will learn how to easily make mindfulness a daily habit that they will actually enjoy doing! By using my method of starting small, with even as little as 30 seconds per day, children are able to slow down and rest their minds, which are growing very rapidly. My goal is to have children grow up with healthy bodies and minds, and mindfulness is the first step in achieving that.

Here Is A Preview Of What You'll Learn...

- Why Mindfulness Leads to Better Grades and Behavior
- Making Mindfulness a Fun Activity For Your Child
- Simple Mindfulness Techniques to Teach Your Child Today
- Mindfulness to Cure ADHD and Hyperactivity
- Mindfulness For a Better Brain
- Other Mindfulness Tips to Help Your Child
- And much, much more!

Your child is unlike any other, help them discover the gift of mindfulness today!

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