



## Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family

By Naumburg, Carla

New Harbinger Publications. Book Condition: New. How can you prepare for and prevent your kids' inevitable meltdowns? Ready, Set, Breathe will show you and your child how to focus, calm down, and live in the present moment. Num Pages: 224 pages. BIC Classification: VFXC. Category: (P) Professional & Vocational; (U) Tertiary Education (US: College). Dimension: 234 x 153. . . 2015. 1st Edition. Paperback. . . . Books ship from the US and Ireland.



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