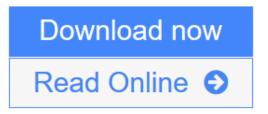


## **Awakening Joy for Kids**

James Baraz, Michele Lilyanna



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Spirit Rock founder, author, and teacher James Baraz's *Awakening Joy* offers his large and devoted readership a program to gain contentment and happiness by cultivating the seeds of joy within. Here he joins with Michele Lilyana, a classroom teacher for 25 years, to offer caregivers and children ways to find joy in each day together.

This unique offering nourishes both adults and kids. James shares the practices for the adults—parents, caregivers, and teachers. Michele offers her own experiences as a parent and as a teacher, showing how the themes work with kids, followed by the tried and true lessons that she's used herself in the classroom and at home.

Packed with practices and activities that James and Michele have gathered over their many years of working with thousands of adults and children in retreats, workshops, and the classroom, *Awakening Joy for Kids* is imbued with compassion and delight. Part of Parallax Press' growing curriculum for parents and educators designed to cultivate joy and mindfulness in children.

From the Trade Paperback edition.



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#### **Susan Jun:**

A lot of people always spent all their free time to vacation or even go to the outside with them family members or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book which you read you can spent all day every day to reading a reserve. The book Awakening Joy for Kids it is rather good to read. There are a lot of people that recommended this book. These were enjoying reading this book. When you did not have enough space to bring this book you can buy typically the e-book. You can m0ore very easily to read this book from a smart phone. The price is not too expensive but this book offers high quality.

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