



Mindful Moments: Raising Calmer, Happier Kids

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Author: Chris Collin

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Here is the translation of the provided text to English: **Vacations with Bubbles: A Comprehensive Guide to Mindfulness and Parenting** **Introduction** *

Introduction

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Mindfulness Practices for Parents and Children *

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Mindfulness in Daily Life *

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Overcoming Challenges in Mindfulness *

Overcoming Challenges in Mindfulness

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Conclusion *

Conclusion

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The book can be purchased at

<https://readolla.com/mindful-moments-raising-calmer-happier-kids>

