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GOLDEN CHILD: MEDITATION FOR CHILDREN AND YOUR INNER CHILD (PAPERBACK)



Center for Psychic Healing, 2018. Paperback Condition: New. Language: English. Brand New Book ***** Print on Demand *****. GOLDEN CHILD is a delightful children's meditation book. It teaches techniques to: self sooth, release anxiety and frustrations, find a quiet place within, give to yourself and celebrate yourself. It's good for your big-kid-inner-child too! This refreshing new series teaches the energetic mechanics of owning your space and shares meditations and activities for embodiment. Part meditation guidebook, part journal,...

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- Authored by Michelle Renee Pelletier
- Released at 2018



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