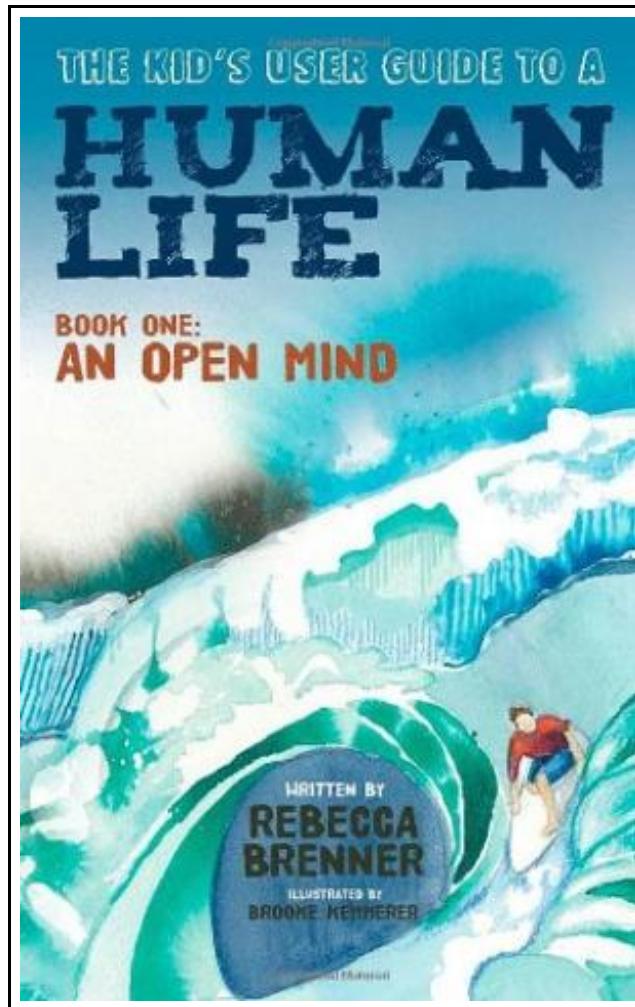


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THE KIDS USER GUIDE TO A HUMAN LIFE: BOOK ONE: AN OPEN MIND

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Morgan James Publishing. Paperback. Book Condition: New. Brooke Kemmerer (illustrator). Paperback. 46 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. The Kids User Guide to a Human Life Book One: An Open Mind offers ten- to fifteen-year-olds fun, practical information and skills on how to live a life with less stress and more joy. Through educational illustrations and inspiring text, kids are encouraged to take control of their own mental and emotional wellbeing. Rebecca Brenner has spent the last fourteen years, personally and professionally, doing just this. Through her integrative health consulting business she works with individuals, families, and community organizations to create lasting wellness plans that encourage healthy, happy living. In her popular yoga and meditation classes she teaches mindfulness techniques to everyone from nine to eighty-nine years old. She also consults with parents on how to develop and encourage healthy habits for their children and families. The Kids User Guide to a Human Life Book One: An Open Mind is short, inspiring, and fun to read. With fifty illustrations, it focuses on how the brain and nervous system take in information and directions from the internal chatter of the mind. Most kids (and adults) are unaware of how repetitive and negative their own internal chatter can be. When left unchecked, this internal chatter can wreak havoc on their health and life. The Kids User Guide to a Human Life Book One: An Open Mind will share how easy it is to be mindful of habitual mind chatter and how doing so creates a spacious, open quality of mind and life. Kids will learn to question what their mind is saying about themselves and others and how to hold lovingly what they find in the clearness of their own open mind. There is no better way to throw open the doors...

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