



Master of Mindfulness: How to be Your Own Superhero in Times of Stress

By Laurie Grossman, Mr. Musumeci's 5th Grade Class

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Master of Mindfulness: How to be Your Own Superhero in Times of Stress, Laurie Grossman, Mr. Musumeci's 5th Grade Class, Do you ever feel angry, disappointed, or stressed out about family problems, school, bullies, or trouble with friends? If so, mindfulness can help. Master of Mindfulness is a unique and empowering book written for kids by kids, with cool illustrations and tips that show you how to be confident, get focused, stay calm, and tap into your own inner strength so you can be your own superhero-no matter what life throws your way! Childhood is supposed to be a happy, carefree time, but the truth is that all kids have stress-especially when dealing with difficulties at school, at home, or with friends. Sometimes things happen in life that are hard, and you can't stop thinking about them, or you react too fast. You might be mad, sad, irritated, embarrassed, anxious, jealous, or even disappointed with yourself when things don't go the way you would've hoped. And when you're really upset, it's hard to make good decisions-you may end up doing something you later regret, or that gets you into trouble. You...



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