

Leggere Crescere Con La Mindfulness Ebook Gratuito PDF/EPUB/mobi - Maria Beatrice Toro



leggere Crescere con la mindfulness Ebook gratuito PDF/EPUB/mobi Maria Beatrice Toro , Con questo libro imparerete ad avvicinare i bambini di età compresa tra i quattro e i dodici anni alla consapevolezza. I bambini riusciranno pian piano a capirsi, ad ascoltarsi, a comunicare, a rispettare se stessi e gli altri... Il risultato? Meno ansia, più attenzione, più intelligenza emotiva. Nel libro vengono illustrati percorsi ed esercizi di mindfulness per l'infanzia, da sperimentare assieme ai genitori, agli insegnanti, o in piccolo gruppo.

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