



## Awakening Joy for Kids

*James Baraz, Michele Lilyanna*

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**Awakening Joy for Kids** James Baraz, Michele Lilyanna

Spirit Rock founder, author, and teacher James Baraz's *Awakening Joy* offers his large and devoted readership a program to gain contentment and happiness by cultivating the seeds of joy within. Here he joins with Michele Lilyanna, a classroom teacher for 25 years, to offer caregivers and children ways to find joy in each day together.

This unique offering nourishes both adults and kids. James shares the practices for the adults—parents, caregivers, and teachers. Michele offers her own experiences as a parent and as a teacher, showing how the themes work with kids, followed by the tried and true lessons that she's used herself in the classroom and at home.

Packed with practices and activities that James and Michele have gathered over their many years of working with thousands of adults and children in retreats, workshops, and the classroom, *Awakening Joy for Kids* is imbued with compassion and delight. Part of Parallax Press' growing curriculum for parents and educators designed to cultivate joy and mindfulness in children.

*From the Trade Paperback edition.*

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People live in this new morning of lifestyle always attempt to and must have the free time or they will get wide range of stress from both day to day life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not just a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to you of course your answer will certainly unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative in spending your spare time, typically the book you have read is usually Awakening Joy for Kids.

#### **Sonia Cramer:**

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