



# TRANQUILOS Y ATENTOS COMO UNA RANA (Spanish Edition)

*Eline Snel*

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## **TRANQUILOS Y ATENTOS COMO UNA RANA (Spanish Edition)** Eline Snel

Los niños de hoy suelen ser inquietos y dispersos. A algunos les cuesta conciliar el sueño, otros están incluso estresados. ¿Cómo ayudarlos a calmarse y relajarse? ¿Cómo lograr que se concentren en lo que hacen? La meditación es una herramienta sencilla y eficaz, que se adapta perfectamente a las necesidades de los pequeños y les puede aportar beneficios inmediatos. Este libro ofrece historias y ejercicios simples y breves que los niños podrán practicar a diario. Está dirigido a niños de 5 a 12 años y a sus padres, que pueden acompañarlos en su práctica. La autora ha basado sus técnicas en el método de mindfulness desarrollado por Jon Kabat-Zinn. Los resultados han demostrado que los niños que practican estos ejercicios duermen mejor, están más concentrados y serenos y se sienten más seguros. Tranquilos y atentos como una rana se ha convertido ya en un éxito de ventas en Holanda y Francia y ha sido traducido a numerosos idiomas.

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Playing with family within a park, coming to see the marine world or hanging out with close friends is thing that usually you have done when you have spare time, after that why you don't try point that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love TRANQUILOS Y ATENTOS COMO UNA RANA (Spanish Edition), it is possible to enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't obtain it, oh come on its known as reading friends.

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This TRANQUILOS Y ATENTOS COMO UNA RANA (Spanish Edition) is fresh way for you who has intense curiosity to look for some information mainly because it relief your hunger of information. Getting deeper you onto it getting knowledge more you know or you who still having tiny amount of digest in reading this TRANQUILOS Y ATENTOS COMO UNA RANA (Spanish Edition) can be the light food for yourself because the information inside this kind of book is easy to get by anyone. These books build itself in the form which is reachable by anyone, yep I mean in the e-book form. People who think that in guide form make them feel tired even dizzy this publication is the answer. So there is not any in reading a guide

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