

Book Reviews

You combined creativity and mindfulness in such a natural way . . . wonderful for teachers, school counselors, and parents.—Beth Johnson, MindUp Trainer/Goldie Hawn Foundation, FL

A brilliant concept. This book is as if the Dalai Lama and Monet co-authored [a book]. —Peter Pruyn, LMHC, North Hampton, MA

A creative way to have a special and colorful experience with a child. I have never seen anything quite like it.—Patricia K. Spiegel, PhD, author, Walnut Creek, CA

We live in complex times. Finding little gems like this book help make the world a calmer place.—Sherri Jacobs, Founder & Director of Heartland Art Therapy, Overland Park, KS

Truly everything about this little book is absolutely wonderful!!!—Alison Lewis, Music Teaching Artist and Production Manager at Urban Voices Project, Los Angeles, CA

We loved this relaxation tool and we will use it over and over again!—Amanda Jura, Board Member for Oregon Children's Theater and Columbia River Arts & Cultural Foundation, Portland, OR

My two sons adore it and now ask to do the relaxation techniques before bed.—Josh Sandeman, nurse practitioner/parent, Salem, OR

Simple and easy to understand. I hope you create a series of books.—Dr. Amelia Kingsley, parent/school psychologist, Vancouver, WA

I'm truly delighted that this book exists!—Jeffery Thompson, art teacher, Vancouver, WA