



# Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed

*Christopher Willard*

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The interest in teaching children meditation is growing rapidly, as a number of recent stories in the mainstream media have documented, including NPR, The New York Times, and London Telegraph. *Child's Mind* aims to teach parents and child professionals how to integrate mindfulness into their work with children, and teach children and adolescents basics of mindfulness and meditation. Willard's intention is to help parents pass on to their children the practices of mindfulness that they have found valuable for themselves. The book can also be a resource for those who work with children, whether it is family and children coordinators at retreat centers, religious instructors from a range of traditions, or teachers, therapists, and even medical professionals. *Child's Mind* aims to teach children the power that comes with the comfort of just being, and the capacity to be, be aware, and be comfortable with yourself.



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