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Fri, 15 Jun 2018 18:16:00 GMT - Mindful Parenting & Teaching. The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder and More Compassionate by Susan Kaiser Greenland. Mindful Games: Sharing Mindfulness with Children, Teens... by Susan Kaiser Greenland

Articles, Links & Resources - BeMindful.org -

Sat, 16 Jun 2018 13:14:00 GMT - Modulation, Mindfulness, and Movement in the Treatment of Trauma-Related Depression To be published in Clinical Pearls of Wisdom: 21 Leading Therapists Share Their Key ...

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