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## Heart of a Toddler: The Zen in Them: 51 Lessons Learned from a One-Year-Old on Enjoying Life

By Megin Potter

Createspace, United States, 2011. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Heart of a Toddler s short essays help busy families thrive by creating more mindful positive connections to children. This joyful and life-affirming book demonstrates how ancient philosophies can be used in everyday life to inspire caretakers of young children who may be feeling frazzled, overwhelmed and lonely. In each passage, author Megin Potter introduces a typical toddler behavior such as screaming, hitting or dawdling and then shows how a shift in perspective can transform it from a negative experience into a pleasant one. By appreciating and emulating child behavior, you too can learn how to overcome unhelpful thoughts and by doing so reduce stress, depression and anxiety. Heart of a Toddler s thought-provoking lessons can lead to a boost in your own energy and creativity while improving your health and family relationships. Megin Potter is the author of numerous articles reaching an audience of more than 100,000 people. This is her first book. She lives in upstate New York.



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