



5-Minute Mindfulness: Parenting: Essays and Exercises for Parenting from the Heart (Five-Minute Mindfulness)

By Gillman, Claire

Fair Winds Press, 2017. Hardcover. Condition: New. Shipped from the UK within 2 business days of order being placed.



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II