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## Happiness Lab

Mindfulness for the Family

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Author: Delphine Chaumont Aïdan

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A toolkit for happy families!

We often tell our children to "Be careful." But did we ever explain to them what exactly that means and how to do it? Mindfulness is an age-old discipline allowing us to focus on the present moment, without passing judgement or seeking to change it.

Our mission as parents is to ensure that our children become independent and responsible. By providing them with formal and informal family mindfulness practices, we can give them the tools to control their attention, be aware and responsible of their choices. As beneficial for children as for adults, this book offers: Insights on the pillars of mindfulness; an illustrated initiation tale intended for children; various games to practice for the whole family; lists of tips and tricks to help us attend to our needs listen to our emotions and learn kindness. This is a toolkit for happy families!

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