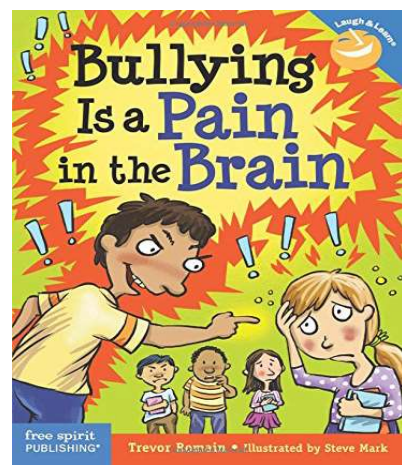
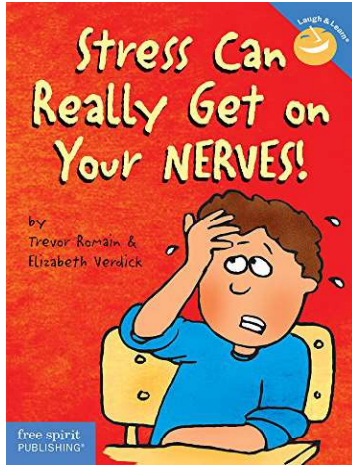
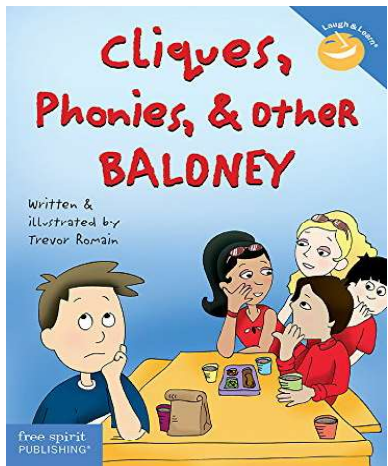
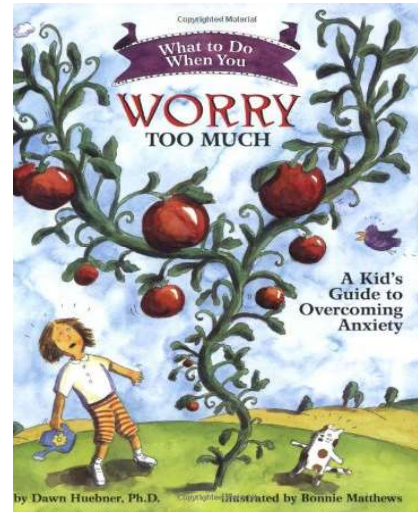
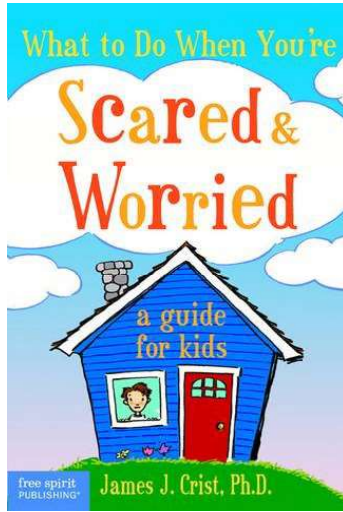
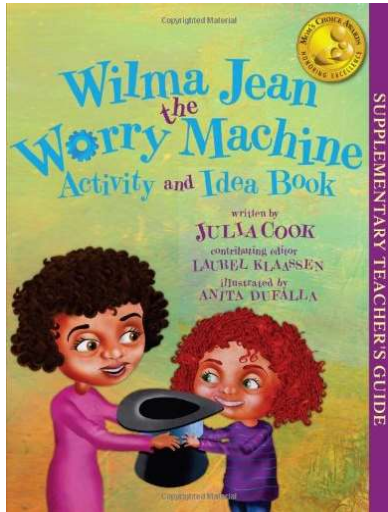
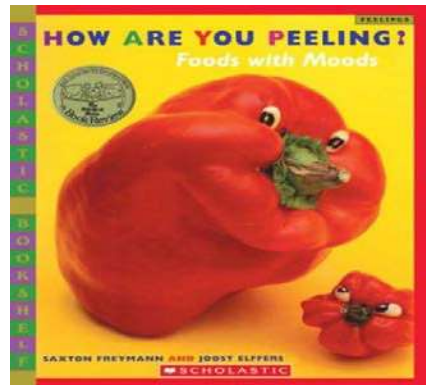
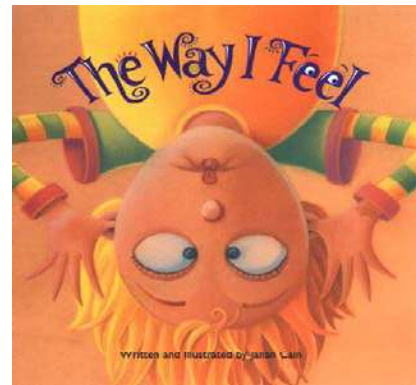
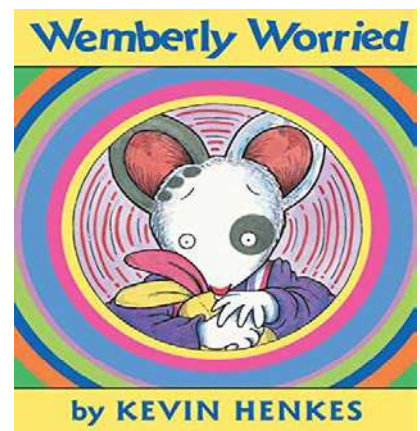
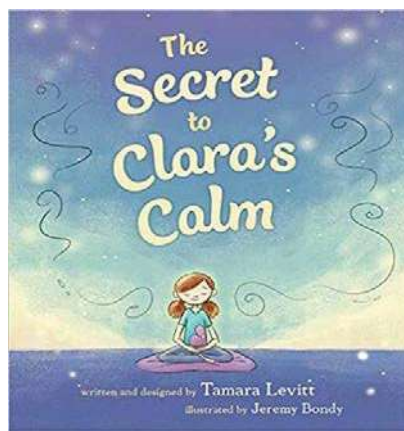
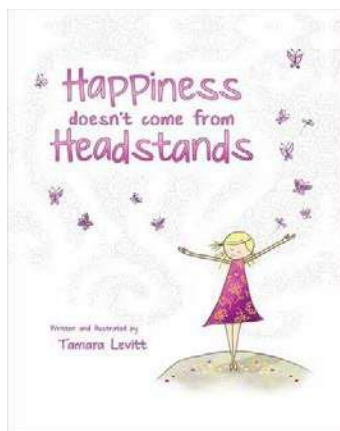
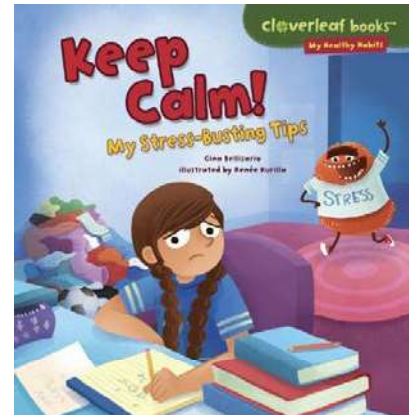
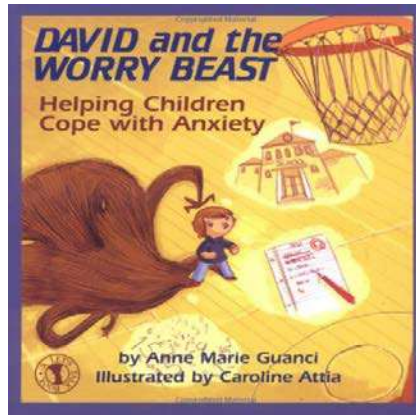
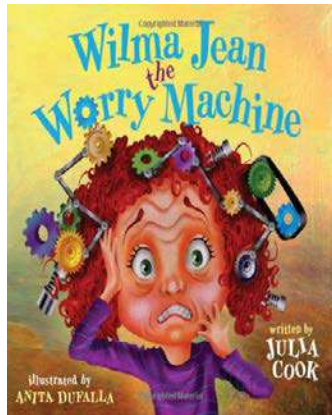


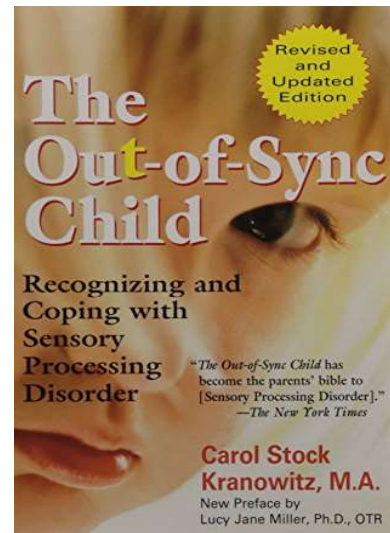
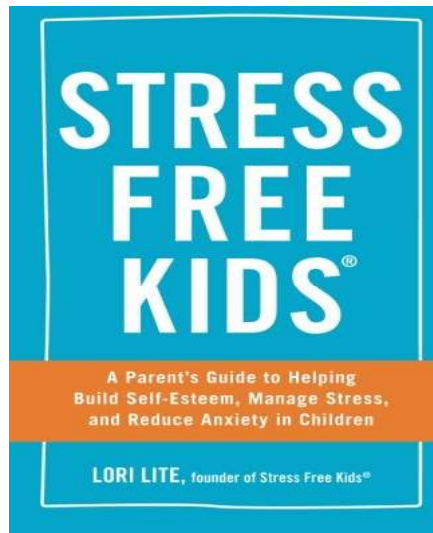
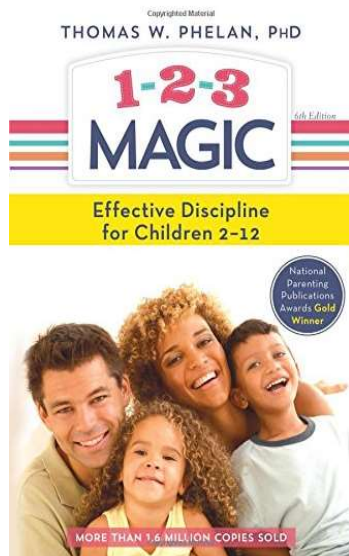
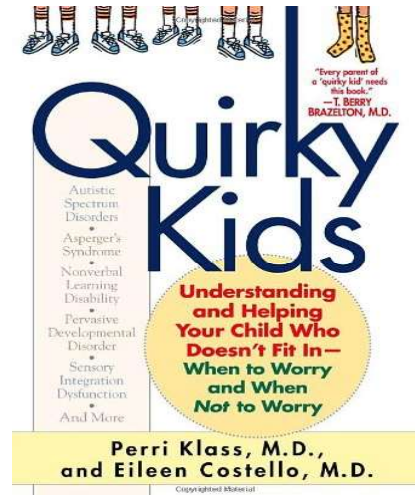
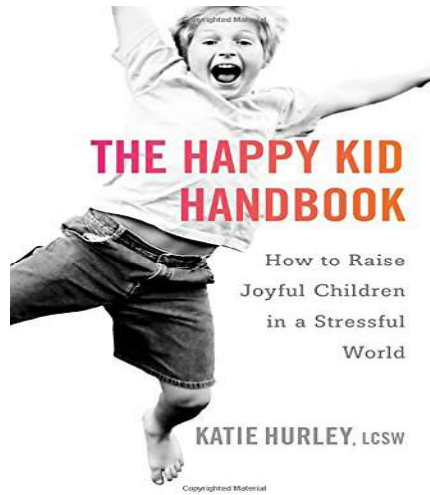
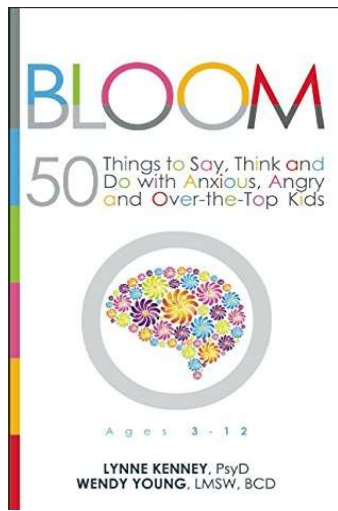
Helpful Books for Children and Families

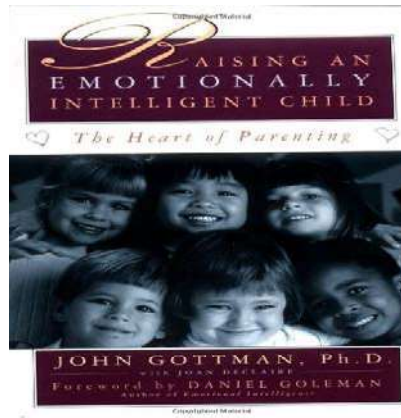
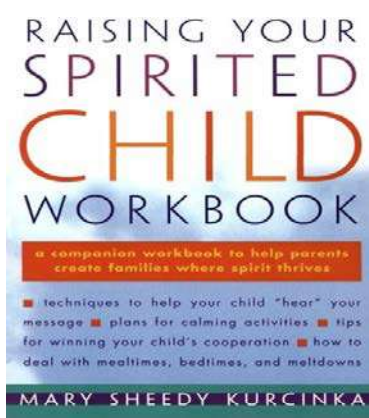
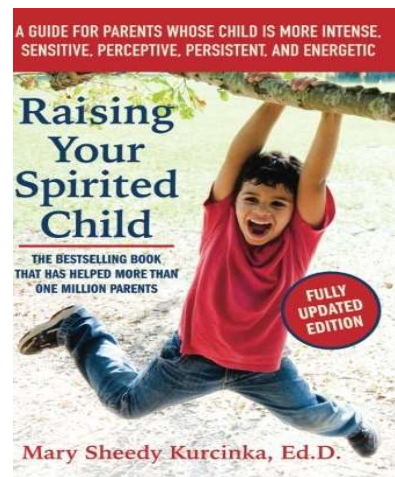
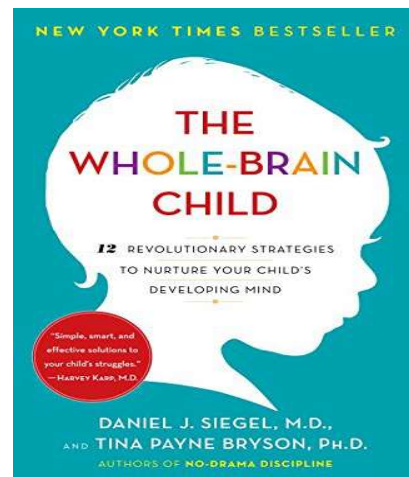
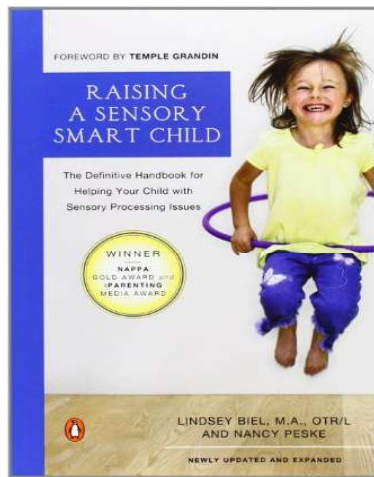
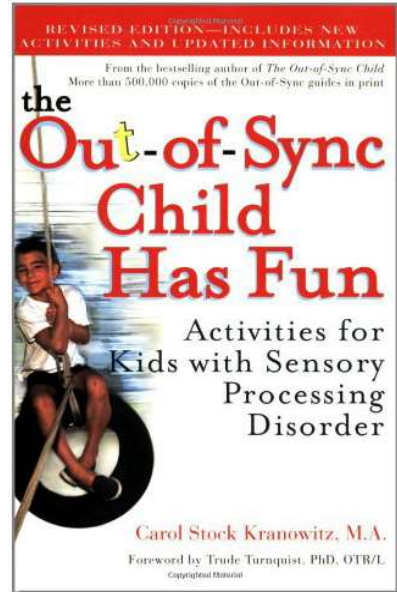
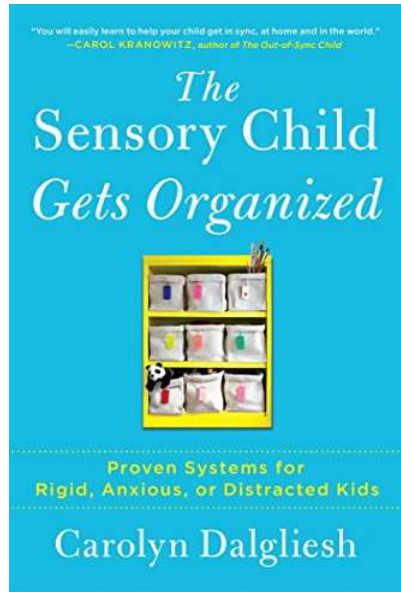
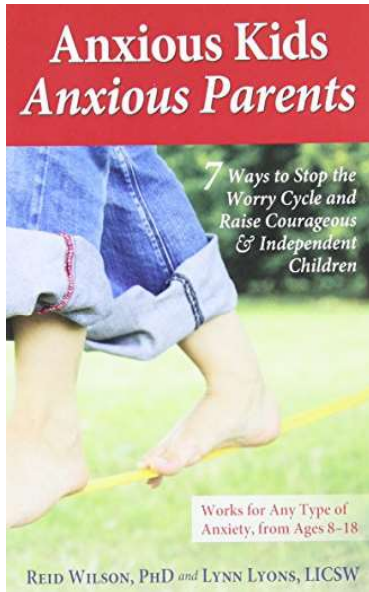
This is a collection of the best books for children to teach them how to deal with complex emotions. Included, too, are recommended books for parents to support their children and to help them understand their feelings and figuring out healthy strategies to use on a daily basis.





Books for Families





Yoga and Mindfulness for Children and Families

