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# EACH BREATH A SMILE



Plum Blossom Books. Paperback. Book Condition: New. Nguyen Thi Hop (illustrator). Paperback. 32 pages. Dimensions: 10.8in. x 8.3in. x 0.2in. Each Breath a Smile introduces preschool-aged children to mindful breathing. Through beautiful color illustrations, children learn to connect with their breathing to help them experience calmness and enjoy a deeper relationship with their friends and family. Illustrations of trees, frogs, crickets, and birds remind them of the many simple joys available in the world around them. With twenty-eight full-page color illustrations...

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- Authored by Dong Nguyen
- Released at -



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