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Happy Abstracts: Fearless Painting for True Beginners

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Beginner Books - Wikipedia

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Beginner Books is the Random House imprint for young children ages 3–9, co-founded by Phyllis Cerf with Ted Geisel, more often known as Dr. Seuss, and his wife Helen Palmer Geisel. Their first book was Dr. Seuss's *The Cat in the Hat*. Cerf compiled a list of 379 words as the basic vocabulary for young readers, along with another 20 slightly harder "emergency" words. No more than 200 words were taken from that list to write *The Cat in the Hat*. Subsequent books in the series were modeled on

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Happy: A Beginner's Book Of Mindfulness, Book by Nicola

Happy : A Beginner's Book of Mindfulness (Book) : Edwards, Nicola : We breathe deep and expand like the galaxy, We breathe out many thousands of stars, And if ever we start to feel panicky, this reminds us of just who we are.

Happy: A Beginner's Book of Mindfulness - Kindle edition

Happy : A Beginner's Book of Mindfulness by Nicola Edwards and Katie Hickey, PICTURE BOOK Rodale Kids (Penguin Random House), 2018. \$18. 9780593121191 BUYING ADVISORY: EL (K-3) - ADVISABLE AUDIENCE APPEAL: AVERAGE
Mindfulness - it's all about being happy. Listening and being still, feeling our feelings, relaxing, discovering, loving, appreciating, even breathing - when we do these things with mindfulness we can connect ourselves to the moment.

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