



I See a Healthy Me!

By Phd Lois Dimari, Lois Dimari Phd

Balboa Press, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A good life starts with healthy habits, and habits are easier to keep when learned at an early age. Children under the age of seven exhibit more theta brainwaves, which foster learning and creativity. The flavor of fresh fruit, the simple pleasure of a good book, or taking a moment to share with the ones we care about make for good lessons in living a full life. Taking the time to teach these ideas early on, with positivity and clarity, can communicate a lifetime of good habits to a child while still embracing the joy of being a kid! Read along together and find ways to make every day a healthy one. It's never too early to affirm self-love. In Lois charming I See a Healthy Me!, your child will begin their journey of self-love and self-care which will last a lifetime. --Laura Alden Kamm, author Intuitive Wellness, Using Your Body's Inner Wisdom to Heal.



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