



Growing Mindful: Prácticas de mindfulness para todas las edades (Spanish Edition)

Mitch Abblett, Christopher Willard

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Cultiva mindfulness donde sea que vayas con este mazo de naipes que incluye docenas de prácticas cortas para entrenar la atención consciente, el contacto con el momento presente y la aceptación. Las prácticas han sido creadas o adaptadas por tres psicólogos tanto para adultos como para niños para ser aplicadas en forma individual o para realizarlas en ámbitos educativos, terapéuticos o incluso en situaciones familiares.

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