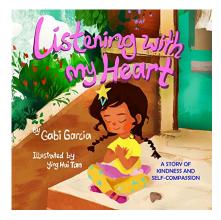
Listening with My Heart: A story of kindness and selfcompassion PDF



by Gabi Garcia : Listening with My Heart: A story of kindness and self-compassion ISBN : # | Date : 2017-12-01 Description : PDF-945e6 | When Esperanza finds a heart-shaped rock, she sees it as a reminder to spread kindness and love in the world. But when the school play doesn't go the way she'd imagined, will she remember to give it to herself?In today's hypercompetitive world, kids often internalize the message that their worth is attached to their

accomplishments and that messing up is something to be ashamed of, rather th... *Listening with My Heart: A story of kindness and self-compassion*



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