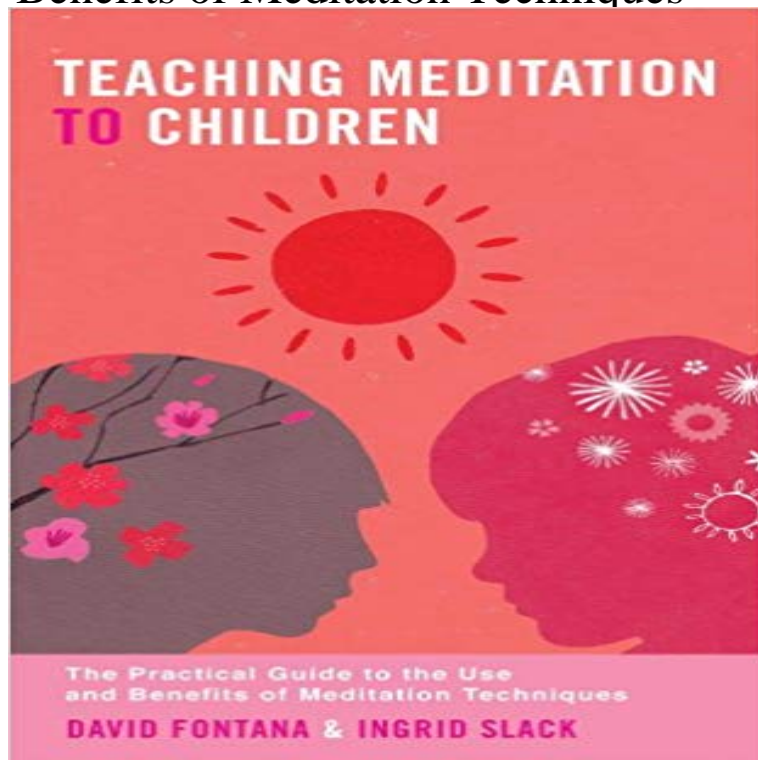


# Teaching Meditation to Children: The Practical Guide to the Use and Benefits of Meditation Techniques



Meditation can help children cope with the intensity of their feelings and the pressures in their lives among family, with friends, at school. It gives even the youngest kids enhanced self-understanding, and is especially valuable for adolescents navigating the emotional peaks and valleys that emerge during that tricky period. That's why parents, teachers, and anyone involved with young people will welcome this invaluable guide, which teaches them the techniques needed to work with children ages five to eighteen. The astonishing benefits range from relieving shyness, anxiety, and tension to reducing hyperactivity, aggression, and impatience. Meditation has also proved useful in treating asthma, insomnia, and depression, in improving concentration and creativity, and in establishing balance throughout a child's life.

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