



Just Breathe

Annette Rivlin-Gutman

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Mom's Choice Gold Winner Award, San Francisco Book Festival Honorable Mention, The National Indie Excellence Book Award Finalist, and 5 Star Review by Reader's Favorite, Reader's Favorite Silver Medal Award, B.R.A.G. Medallion

Just Breathe is for any child who feels anxious or worried when facing everyday life circumstances such as going to a new school, taking a test, arguing with a friend, or trying out for a team. In this charming story, the child remembers to breathe deeply in order to find his own inner calm and successfully cope with each new situation.

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