

# Sitting Still Like a Frog: A Book to Help You Find Inner Peace and Happiness



## Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel

★★★★☆ 4.5 out of 5

Language : English  
File size : 559 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 125 pages

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## About the Book

Sitting Still Like a Frog is a book that teaches you how to find inner peace and happiness through mindfulness meditation. The book is written by Eline Snel, a mindfulness coach and teacher.

The book is divided into three parts. The first part introduces the benefits of mindfulness meditation and provides instructions on how to practice it. The second part explores different ways to apply mindfulness meditation to your daily life. The third part offers tips for deepening your practice and integrating mindfulness into your daily routine.

Sitting Still Like a Frog is a practical guide to mindfulness meditation. The book is written in a clear and concise style, and it is easy to follow. The book is also full of helpful tips and exercises that you can use to improve your mindfulness practice.

## **Benefits of Mindfulness Meditation**

Mindfulness meditation has been shown to have a number of benefits, including:

\* Reduced stress and anxiety \* Improved focus and concentration \* Increased self-awareness and compassion \* Improved sleep \* Reduced pain \* Improved relationships \* Increased happiness and well-being

If you are looking for a way to improve your mental health and well-being, mindfulness meditation is a great option. Sitting Still Like a Frog is a great book to help you get started with mindfulness meditation.

## **What Readers Are Saying**

"Sitting Still Like a Frog is a life-changing book. It has taught me how to find inner peace and happiness in the midst of chaos." - Our Book Library reviewer

"This book is a must-read for anyone who wants to learn how to meditate. It is clear, concise, and full of helpful tips." - Goodreads reviewer

"Sitting Still Like a Frog has helped me to reduce my stress and anxiety and improve my focus and concentration." - Barnes & Noble reviewer

If you are looking for a book to help you find inner peace and happiness, Sitting Still Like a Frog is a great option. The book is well-written, easy to follow, and full of helpful tips and exercises. Mindfulness meditation has been shown to have a number of benefits, including reduced stress and anxiety, improved focus and concentration, increased self-awareness and compassion, improved sleep, reduced pain, improved relationships, and increased happiness and well-being. If you are ready to make a positive change in your life, Sitting Still Like a Frog is a great place to start.



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