



# The Lemonade Hurricane: A Story of Mindfulness and Meditation

*Licia Morelli*

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In The Lemonade Hurricane: A Story of Minfulness and Meditation, Emma admits that she doesn't really like hurricanes. After a busy day of school and activities, Emma likes to sit still and rest. Her little brother, Henry, does everything but. She calls him The Lemonade Hurricane. Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breathe, Emma is able to calm the hurricane within Henry.

Notable Features:

- A perfect introduction to meditation for young readers, presented in a captivating story.
- The illustrations bring the story to life with delightful whimsy.
- Includes a back-of-book presentation of simple mindfulness techniques that can be shared at home and in the classroom.



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**Thomas Britton:**

A lot of people always spent their particular free time to vacation or go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that's look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a guide. The book The Lemonade Hurricane: A Story of Mindfulness and Meditation it is rather good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore easily to read this book from your smart phone. The price is not too expensive but this book has high quality.

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