



# More Nightlights: Stories for You to Read to Your Child - To Encourage Calm, Confidence and Creativity

*Anne Civardi, Joyce Dunbar, Kate Petty*

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Meditation and visualization, if approached in an inventive and appealing manner, bring enormous benefits to children. It can calm their anxieties, build their self-esteem, and teach them quietness and thoughtfulness. Consisting of 20 narrative-based meditations, this book, the follow-up to the hugely successful *Nightlights*, offers even more stories to help your child find inner calm and emotional balance and is designed for parents to use with any child between ages 4 and 8.

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