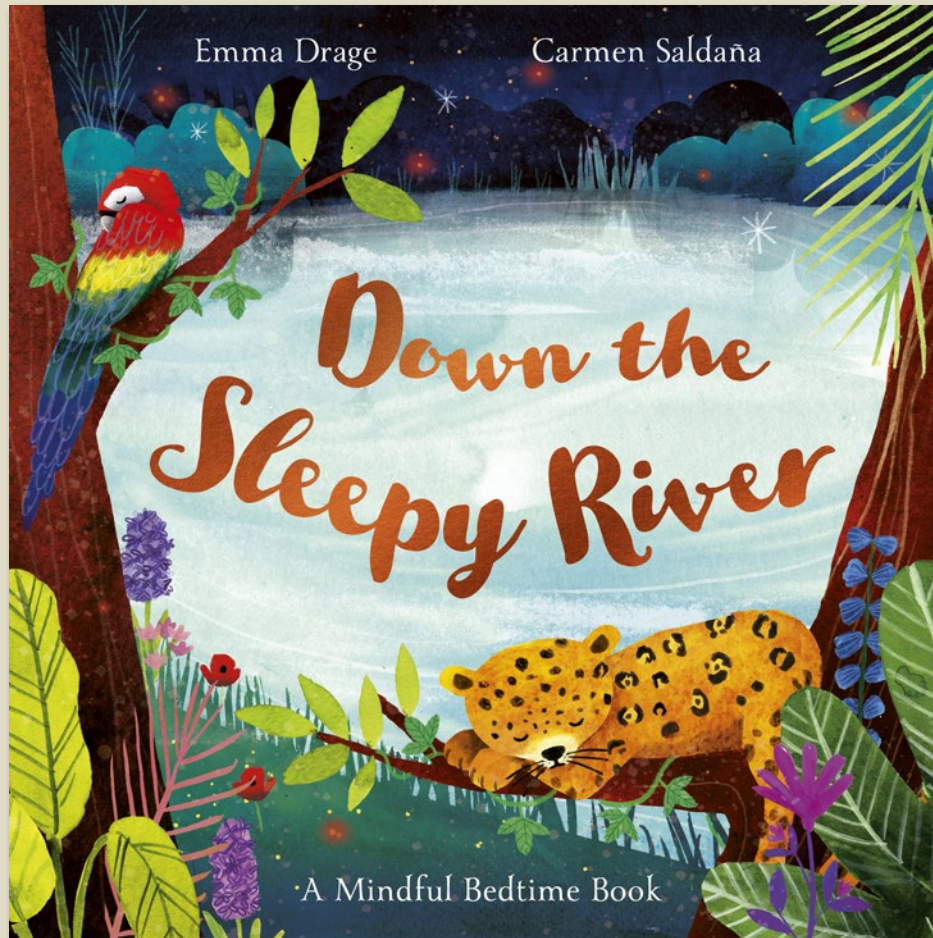


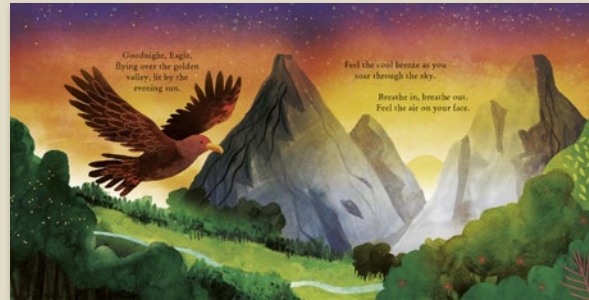
Down the Sleepy River



A calming bedtime picture book using simple mindfulness techniques.

- This beautiful, relaxing book helps to create calm bedtimes.
- Uses mindfulness techniques to bring children's awareness to the present moment, let go of the day and settle down for a good night's sleep.

Down the Sleepy River



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