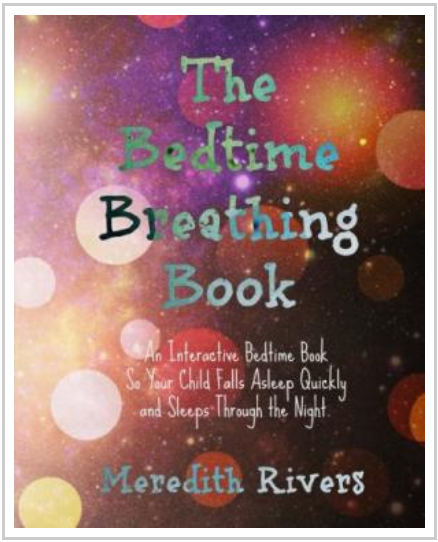


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The Bedtime Breathing Book: An Interactive Bedtime Book So Your Child Falls Asleep Quickly and Sleeps Through the Night (Paperback)

By Meredith Rivers

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Bedtime Breathing Book: An Interactive Bedtime Book So Your Child Falls Asleep Quickly and Sleeps Through the Night, is the debut children s picture book by writer and blogger, Meredith Rivers. The Bedtime Breathing Book is an ingenious way to prepare your child for sleep, helping him or her fall asleep quicker and sleep better throughout the night. Based on the same breathing routine that the author performs with her daughter each night, Rivers writing overflows with love, intention, and abundance in every word. This short children s bedtime story is designed to prepare your child for a peaceful night s sleep. Rivers calm and comforting words, prompts, and images create an imaginary dream-like world ideal for the rest and relaxation your child needs to fall asleep quickly and sleep through the night. For more of Rivers work, including her blog and magazine articles as well as her second children s picture book, and ABC book about feelings, check out her Amazon author page and her blog, //.

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