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Six Healing Sounds With Lisa And Ted: Qigong For Children



Synopsis

Join in with Lisa and Ted as they show you how healing sounds can make you feel bright and happy inside. Six Healing Sounds with Lisa and Ted teaches young children how to transform negative feelings into positive ones by using simple breathing techniques that are based on ancient Chinese Qigong exercises. Using a special sound for different parts of the body, Lisa and Ted show that a "haaaww" can heal the heart and blow away impatience, and a "whoooooooo" can steady the stomach and chase away worries. These reassuring meditative stories are ideal for bedtime as they calm and settle children by soothing away the troubles of the day. This delightful and brightly illustrated picture book will be an enjoyable read for children aged four to eight and will teach them effective healing techniques to overcome unpleasant emotions so they can live happier and healthier lives.

Book Information

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Average Customer Review: 4.3 out of 5 stars 40 customer reviews

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Age Range: 4 - 8 years

Grade Level: 3 and up

Customer Reviews

This really is a quite wonderful book, written to teach the traditional Six Healing Sounds and the Inner Smile to children.... Illustrated in bright colors and written so that a child can understand and follow the directions, this book is a welcome addition to the field of qigong for children, a growing and important field. -- Yang-Sheng Online Journal It is a great concept to introduce a healthy routine to youngsters in a very fun way... Actually anyone with a young heart can benefit from reading it. --

The Examiner I like that the book focuses on breathing deeply, smiling, and making the healing sounds to help kids better control emotions and be grateful. I think it is a positive book for children and one that teaches some important basic concepts that come from Qigong. If you practice, like I do, and want to share with your children, this book is a simple and fun way to do it. -- Alain Burrese, JD, Your Warrior's Edge blog Smiling and breathing techniques have existed for thousands of years, and in Six Healing Sounds with Lisa and Ted author and illustrator Lisa Spillane, writes about them simply and realistically... What a fun and easy way to experience Qigong, an ancient Chinese practice of aligning breath to cleanse stress from our bodies. These stories let children know that emotions are natural; the vignettes featuring kids named Lisa and Ted demonstrate situations and their commensurate healing techniques to help overcome bad feelings and let happiness flow... Adults can benefit as they read along with young ones. What a wonderful way to have a better outlook on life, reduce stress, and experience more happiness, together! -- ForeWord Reviews I read Six Healing Sounds with Lisa and Ted with my 3 year old grandson, and with a little bit of coaxing, he performed the motions and sounds and seemed more joyous afterward. This book was a delight, especially for integrating basic Qi Gong healing into a child's every day life. This book will help teach children that all emotions are normal, related to wellness, behaviors, organs, colors, breathing, and sounds. The 6 healing sounds are valuable coping mechanisms which can have a lasting positive effect, for the parents or caregivers as well... I believe that this simple primer should be available to all children, be stocked in every school library, and read in every household... In a society that separates mind and body to the point of malady and lacks basic emotional coping techniques even in adults, this book teaches connectivity and enhances joy and peace. Buy it, read it, and share it! -- Malina Chin, L.A - The Illinois Acupuncturist

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years, and in *Six Healing Sounds with Lisa and Ted* author and illustrator Lisa Spillane, writes about them simply and realistically... What a fun and easy way to experience Qigong, an ancient Chinese practice of aligning breath to cleanse stress from our bodies. These stories let children know that emotions are natural; the vignettes featuring kids named Lisa and Ted demonstrate situations and their commensurate healing techniques to help overcome bad feelings and let happiness flow... Adults can benefit as they read along with young ones. What a wonderful way to have a better outlook on life, reduce stress, and experience more happiness, together! (ForeWord Reviews) I read *Six Healing Sounds with Lisa and Ted* with my 3 year old grandson, and with a little bit of coaxing, he performed the motions and sounds and seemed more joyous afterward. This book was a delight, especially for integrating basic Qi Gong healing into a child's every day life. This book will help teach children that all emotions are normal, related to wellness, behaviors, organs, colors, breathing, and sounds. The 6 healing sounds are valuable coping mechanisms which can have a lasting positive effect, for the parents or caregivers as well... I believe that this simple primer should be available to all children, be stocked in every school library, and read in every household... In a society that separates mind and body to the point of malady and lacks basic emotional coping techniques even in adults, this book teaches connectivity and enhances joy and peace. Buy it, read it, and share it! (Malina Chin, L.A - The Illinois Acupuncturist)

This is a great book - and I think it will be good for older kids and adults as well as young kids. The illustrations are very nice. The concepts are great....and while I also wonder how much a 'generous liver' will mean to some kids, I don't find that it distracts from the book or the concepts. I especially like the last story "Ted's Sleepy Head" - I think it should be a basic tenet of helping our kids learn to self-soothe. In short, I recommend this book to all with children in their lives, and am already starting the list of who I want to buy it for. And though my kid is 20 now, I think a copy for him and for the Montessori school he went to are on the top of the list!

I have tried every kind of exercise to calm my kids down and deal with the different issues they encountered through the day. I needed something easy for them to do themselves in times of stress. I finally found it in the six healing sounds. Its such a relief and I am a much happier Mammy too.

I ordered this book for my 5 year old daughter about a month ago. I used to have to suggest it, or read something else she'd request before she'd listen to it. Now, she asks for it each night. She's learning to calm herself & I'm fairly certain I've caught her using the ideas on her own once or twice

throughout the day. Couldn't be happier about this...very well done!

Great book to use with kids!

this book is not just for kids! the six healing sounds are a wonderful thing for everyone of any age to do in their daily routine. a wonderful thing to teach your children - it will help them deal with everyday problems and situations. highly recommend it to parents.

I absolutely love this book! I try to read it often with my daughter and practice the breathing exercises. It really works. I liked it so much, I gave my first copy to my nephew and bought a second copy. I highly recommend it.

My kids really liked it. Definitely a great find. My 8 and 9 year old love doing the exercises.

Yes it is just what I wanted.

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