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About the author | visiting feelings

Lauren Rubenstein, JD, PsyD, is a licensed clinical psychologist in private practice in Bethesda, MD, USA. She also teaches yoga and mindfulness to children and

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Visiting feelings lighthouse resources

Visiting Feelings. Do you have a feeling that's visiting today? Lauren Rubenstein, JD, PsyD, is a licensed clinical psychologist in private practice in Bethesda, MD.

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Visiting Feelings by Lauren Rubenstein is a wonderful book for children and their parents. In this book, children of all ages can learn that feelings do not have to

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Visiting feelings | by lauren rubenstein, jd,

I am so delighted that the book speaks to adults as well as children. Wishing you blessings on your continued visits with feelings.

Visiting feelings by lauren rubenstein |

Do you have a feeling that's visiting today? Can you open your door and invite it to play? Visiting Feelings encourages children to treat their feelings like guests

By lauren rubenstein

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Mindfulness books, films, and audio exercises

Visiting Feelings by Lauren Rubenstein Rather than labeling or defining specific emotions and feelings, Visiting Feelings invites children to sense, explore, and

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Visiting Feelings By The author of this impressive children's picture book for those between the ages of 4 and 8 is Lauren Rubenstein,

Kripalu - lauren rubenstein

Lauren Rubenstein. Lauren Rubenstein, JD, PsyD, RYT, is a clinical psychologist, author, yoga instructor, and mindfulness coach with more than 20 years of experience

Dr. lauren rubenstein, psychologist, bethesda, md

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Visiting Feelings is very aesthetic and inviting. The illustrations are bright, gender and ethnic inclusive, which definitely will hold children's attention.

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