

A Boy and a Bear
The Children's Relaxation Book
by Lori Lite
Illustrated by Meg Hartigan

A Boy and a Bear teaches young children how to relax and calm themselves. Written for children 3 - 10 years old, this book tells the story of a young boy who encounters a polar bear while they are both climbing a snow covered mountain. The boy and bear meet, become friends, and learn an important lesson in relaxation together.

Written by Lori Lite and beautifully illustrated by Meg Hartigan, this book teaches young children a simple, yet powerful breathing technique called circular breathing. As the bear watches the boy breathing, children mirror their movements and learn valuable breathing skills to enhance their own relaxation. Children will not only enjoy the story, but will benefit by learning a self-calming technique to reduce stress, prepare for sleep, and improve self-confidence.

Parents, teachers, service providers, children, and families will benefit from the healing message this book provides.