



# Moonbeam: A Book of Meditations for Children

*Maureen Garth*

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## **Moonbeam: A Book of Meditations for Children** Maureen Garth

Maureen Garth's popular meditations for children were born out of the author's desire to help her three-year-old daughter sleep soundly. Developing 'the gentle art of going within', her delightful stories helped her child - and many others around the world - to feel secure and to sleep peacefully. In Moonbeam, Garth invites her readers to accompany her on journeys into an imaginative world of animals, people and places. She shows parents how to use these imaginings with their children, helping them deal with their anxieties, develop their concentration and enhance their creativity.

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