

# I Breathe For Me

## Book information Sheet

Written by: Reesa Shayne | Illustrated by Uttara Garg

Reading Age: 5 - 10 years | Publication Date: 3/5/2024

### SYNOPSIS

"I Breathe for Me" is an empowering children's picture book that celebrates the power of the breath and the inner strength that comes from within. Through simple yet powerful rhymes, young readers will be inspired to rely on their own strength, even in the face of challenges, and to trust in the power of their breath to bring them peace and clarity. With vibrant illustrations and a positive message, "I Breathe for Me" is a must-read for young children who are learning to navigate the ups and downs of life.



### KEY THEMES

- Children's Emotions & Feelings
- Mindfulness & Meditation
- Deep Breathing Exercises
- Positive Affirmations
- Self-Reliance & Inner Strength

### ORDERING INFO

ISBN:

- Hardcover: 979-8-9859716-6-8
- Paperback: 979-8-9859716-7-5
- E-book: 979-8-218-24194-0

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- Hardcover 8.5 X 8.5 | Retail Price: \$21.99
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