

# CALM DOWN ALREADY!

A Practical Guide to Using Reiki and Meditation  
During Early Childhood Education

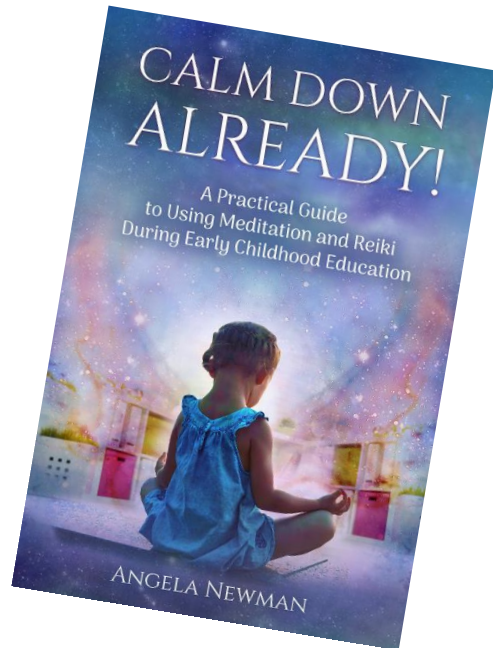
Angela Newman

**This is an interactive book** that introduces to early childhood, elementary teachers, homecare providers, and parents, the tools needed to successfully promote a harmonic environment using unconventional techniques such as: positive affirmations, meditation, Reiki, soothing sounds and various relaxation techniques which could be incorporated into both the classrooms and households.

## Book Blurb

Affirmations help people feel good about themselves and when repeated often, many believe it remains in the subconscious mind. They are often used to remind one how amazing they truly are, and that they are more than a failure, a loser, or a mistake. They can help with self-confidence, self-esteem, and self-determination.

**About the Author:** Angela Newman is an artist, author, minister, public speaker and teacher. This is her first nonfiction book on Reiki Meditation. She has practiced both modalities and other various calming techniques and now she is sharing what she has learned and practice for over ten years.



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