# NATURAL REMEDY BIBLE



## Natural Remedy Bible Everyones Guide To The Natural Of Healing

**Léo Pomar** 

#### **Natural Remedy Bible Everyones Guide To The Natural Of Healing:**

**DR. SEBI SELF HEALING BIBLE 14-IN-1** Genesis Hendry, 2024-07-27 Embark on a transformative health journey with DR SEBI SELF HEALING BIBLE 14 IN 1 The Most Updated Guide on Everything You Need to Know to Live a Disease Free Life by Harnessing the Power of Dr Sebi s Original Healing Treatments This comprehensive guide is your key to unlocking a life free from pain side effects and reliance on conventional medications using Dr Sebi s renowned holistic healing methods Dr Sebi s groundbreaking approach to wellness has been a beacon of hope and healing for thousands globally His unique blend of herbal medicines alkaline diet principles and holistic treatments target not just symptoms but the root causes of various health issues This 14 book collection is meticulously curated to cover a wide range of health concerns and preventative strategies ensuring that whether you re seeking solutions for yourself or your loved ones this guide has you covered Check out what s inside this 14 book bundle BOOK 1 HOLISTIC HEALING WITH DR SEBI BOOK 2 COMBATTING ANXIETY WITH DR SEBI S APPROACH BOOK 3 OVERCOMING AUTOIMMUNE DISEASES WITH DR SEBI BOOK 4 THE DR SEBI DIET GUIDE BOOK 5 DR SEBI S PROTOCOL FOR HERPES MANAGEMENT BOOK 6 SOLUTIONS FOR KIDNEY HEALTH BY DR SEBI BOOK 7 ANTI INFLAMMATORY LIVING ACCORDING TO DR SEBI BOOK 8 EMBRACING ALKALINITY WITH DR SEBI BOOK 9 ADDRESSING DIABETES WITH DR SEBI BOOK 10 DR SEBI S CULINARY CREATIONS BOOK 11 DR SEBI S HERBAL APOTHECARY BOOK 12 DR SEBI S HERBAL ANTIBIOTICS WHAT BIG PHARMA DON T WANT YOU TO KNOW BOOK 13 DR SEBI S HERBAL REMEDIES FOR CHILDREN BOOK 14 HERBAL WELLNESS FOR ELDERS BY DR SEBI Whether you re looking to enhance your own health support the wellbeing of your family across generations or simply to prevent future health issues DR SEBI SELF HEALING BIBLE 14 IN 1 is an indispensable resource Ready to Revolutionize Your Health Grab your copy today and step into a world of vibrant health and holistic healing all thanks to the wisdom of Dr Sebi Begin your journey towards a naturally healthy pain free life now The New Healing Herbs Michael Castleman, 2001-04-21 The newly revised and updated reference guide to herbal medicine offers readers sound advice on how to use more than 100 popular plants for healing purposes **Forthcoming Books** Rose Arny, 2002-02 Subject Guide to Books in Print ,2001 Medical and Health Care Books and Serials in Print, 1997 Healthy Healing Linda G. Rector-Page, 1998 The latest information on preventive therapies and natural healing Over 1 2 million copies sold

**Encyclopedia of Herbal Medicine** Andrew Chevallier,2016-07-19 If you re in search of natural remedies for common ailments this comprehensive guide has over 550 healing herbs to promote health and well being Invite Mother Nature into your garden Learn how to cultivate harvest and make your own treatments with this definitive reference book for medicinal plants From ginger to lavender thyme and even the little dandelion this book is a complete encyclopedia of herbs plants and their healing properties Learn about the chemistry of the plants and how they act as a medicine Create alternative treatments for nearly 200 common health concerns in the comfort of your home Treat yourself with the most natural

medicine and become your own herbalist The helpful instructions are easy to follow so you can start your own medicinal garden with the best know how Create the ideal habitat for planting practice careful cultivation and know the best time to harvest The well thought out format of the book means you can look up information by plant names or by ailments There are 550 essential herbs with a beautiful photographic plant index discussing their different uses Learn how to safely and effectively process the correct parts of the plants to encourage holistic and healthy healing Traditional Medicine with Modern Research A treasure trove of information on the history of natural remedies and the many uses of plants An essential index for any level of herbal expertise and supportive advice for beginners Extensive photographic index of over 550 herbs and plants Description of the plants their active constituents and therapeutic properties Advice on how to cultivate your own herb Paperbound Books in Print ,1992 DR. SEBI HERBAL BIBLE FOR ALL DISEASES Olivea Moore, Are you garden tired of relying on synthetic medications that only mask your symptoms Do you long for a natural holistic approach to health that empowers you to heal from within Discover the life changing wisdom in Dr Sebi s Herbal Bible for All Diseases The Complete Guide on How to Heal All Body Diseases and Enjoy Health and Lifelong Vitality This comprehensive guide delves into Dr Sebi s revolutionary philosophy emphasizing the healing power of natural herbs an alkaline diet and detoxification With over 30 chapters you ll explore everything from the role of herbs in cellular regeneration to specific protocols for managing conditions like diabetes heart disease and autoimmune disorders Each chapter is filled with practical advice step by step detoxification plans and nourishing recipes designed to restore balance and vitality to your body With Dr Sebi s Herbal Bible you ll gain access to powerful herbal remedies success stories from individuals who have transformed their lives and expert insights into achieving lifelong wellness Whether you re seeking to reverse illness enhance your immune system or simply adopt a healthier lifestyle this book will guide you every step of the way Don t wait any longer to reclaim your health Embrace the natural healing journey today with Dr Sebi s Herbal Bible for All Diseases Click the link below to purchase your copy and start transforming your life one herbal remedy at a time A Guide to Alternative Medicine Donald The Complete Survival Apothecary Bible Olivea Moore, Are you looking for a natural holistic approach to Law, 1975 health and well being Discover the power of ancient herbal wisdom with The Complete Survival Apothecary Bible a comprehensive guide that will teach you how to harness the healing power of plants to transform your life This book takes you on a journey through the world of herbal medicine sharing time tested remedies and practical solutions for common ailments from boosting immunity and relieving pain to improving sleep and managing stress Learn about the 20 powerhouse herbs that have been used for centuries explore step by step preparation methods for teas tinctures and salves and discover how to create your very own medicinal garden From creating personalized herbal blends to building your own survival apothecary this book empowers you to take control of your health naturally With detailed profiles of healing herbs ethical foraging practices and recipes for every need you ll have everything you need to restore balance and vitality in your life

Ready to unlock the secrets of nature s healing power Order The Complete Survival Apothecary Bible today and begin your journey toward holistic wellness The Reiki Bible Eleanor McKenzie, 2009 Reiki practitioners have unlimited access to healing energy for themselves and others For this reason it has guickly spread across the globe as people use it to cure ills soothe emotions and live the life they want The Reiki Bible provides a comprehensive stunningly designed guide to this ancient spiritual system It covers Reiki s origins and development the energy and body systems and the three levels of Reiki All the hand positions appear in easy to follow captioned photographs and there s advice on using Reiki for friends and family at all life stages for health and well being for alleviating common conditions and in tandem with other therapies **Paperbound Books in Print 1995** Reed Reference Publishing, R5ference Reed, 1995-12 Doctor **in Print** .1991 **John Remembers** John Henry Moore, 2023-05-16 This is the story told in nearly two hundred short recollections of a surgeon from a family of surgeons raised in the Arkansas oil country of the Jim Crow South A churchgoer from his childhood he came to a saving knowledge of Christ along with his wife Cathy only in the late 1970s And from that turning point they proved themselves to be choice servants of the Lord in countless ways in John's case as a deacon a surgeon in the Amazon region a denominational and parachurch board member a conference speaker in Eastern Europe a free clinic doctor in Southwest Missouri and a church staff member Along the way he took note of a host of engaging events characters and conversations whether among fellow Air Force doctors on parade with medical colleagues observing a gratifying ancillary effect of defibrillation or in the company of an aunt who introduced him to Roy Rogers and Stan Musial There was even an Elvis sighting The book is rich in theological ecclesiological missiological familial sociological psychological and medical narratives Reference Books Bulletin ,1994 Natural Remedies from Around the World John Heinerman, 2006 and observations Renowned medical researcher Dr John Heinerman has been traveling the world for three decades searching out the remedies perfected by shamans and healers doctors and scientists Now he has compiled them all for you in Natural Remedies from Around the World Arranged alphabetically by ailment for easy access Natural Remedies from Around the World delivers effective all natural medicines grounded in revered healing traditions Publisher's website The Consumer Health Information Source Book Alan M. Rees, 1998 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixth edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and Reference Books Bulletin, 1996 to 1997 Mary E. Quinn, 1998 This collection of reviews is arranged by how to best use it broad subject and indexed by narrow subject by format and by title This work offers nearly 50 reference sources both print and electronic published between 1996 and 1997 The Cancer Patient's Workbook Joanie Willis, Diane Blumenson, 2001

Provides cancer patients with information guidance and practical tools to educate oneself about the disease find the right doctors get the best treatments take care of one s health and deal with insurance financial legal and relationship matters

#### Natural Remedy Bible Everyones Guide To The Natural Of Healing Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has be apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "Natural Remedy Bible Everyones Guide To The Natural Of Healing," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

https://pinsupreme.com/data/book-search/HomePages/Mannerism Anti Mannerism In Italian Pa.pdf

#### Table of Contents Natural Remedy Bible Everyones Guide To The Natural Of Healing

- 1. Understanding the eBook Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - The Rise of Digital Reading Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Personalized Recommendations
  - Natural Remedy Bible Everyones Guide To The Natural Of Healing User Reviews and Ratings
  - Natural Remedy Bible Everyones Guide To The Natural Of Healing and Bestseller Lists

- 5. Accessing Natural Remedy Bible Everyones Guide To The Natural Of Healing Free and Paid eBooks
  - Natural Remedy Bible Everyones Guide To The Natural Of Healing Public Domain eBooks
  - Natural Remedy Bible Everyones Guide To The Natural Of Healing eBook Subscription Services
  - Natural Remedy Bible Everyones Guide To The Natural Of Healing Budget-Friendly Options
- 6. Navigating Natural Remedy Bible Everyones Guide To The Natural Of Healing eBook Formats
  - o ePub, PDF, MOBI, and More
  - Natural Remedy Bible Everyones Guide To The Natural Of Healing Compatibility with Devices
  - Natural Remedy Bible Everyones Guide To The Natural Of Healing Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - o Adjustable Fonts and Text Sizes of Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Highlighting and Note-Taking Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Interactive Elements Natural Remedy Bible Everyones Guide To The Natural Of Healing
- 8. Staying Engaged with Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Natural Remedy Bible Everyones Guide To The Natural Of Healing
- 9. Balancing eBooks and Physical Books Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Benefits of a Digital Library
  - o Creating a Diverse Reading Collection Natural Remedy Bible Everyones Guide To The Natural Of Healing
- 10. Overcoming Reading Challenges
  - o Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Setting Reading Goals Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Fact-Checking eBook Content of Natural Remedy Bible Everyones Guide To The Natural Of Healing
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

#### Natural Remedy Bible Everyones Guide To The Natural Of Healing Introduction

In todays digital age, the availability of Natural Remedy Bible Everyones Guide To The Natural Of Healing books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Natural Remedy Bible Everyones Guide To The Natural Of Healing books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Natural Remedy Bible Everyones Guide To The Natural Of Healing books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Natural Remedy Bible Everyones Guide To The Natural Of Healing versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Natural Remedy Bible Everyones Guide To The Natural Of Healing books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether youre a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in selfimprovement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Natural Remedy Bible Everyones Guide To The Natural Of Healing books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Natural Remedy Bible Everyones Guide To The Natural Of Healing books and manuals is Open Library. Open Library is an

initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Natural Remedy Bible Everyones Guide To The Natural Of Healing books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Natural Remedy Bible Everyones Guide To The Natural Of Healing books and manuals for download and embark on your journey of knowledge?

#### FAQs About Natural Remedy Bible Everyones Guide To The Natural Of Healing Books

- 1. Where can I buy Natural Remedy Bible Everyones Guide To The Natural Of Healing books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
- 2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
- 3. How do I choose a Natural Remedy Bible Everyones Guide To The Natural Of Healing book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
- 4. How do I take care of Natural Remedy Bible Everyones Guide To The Natural Of Healing books? Storage: Keep them

- away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
- 5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
- 6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
- 7. What are Natural Remedy Bible Everyones Guide To The Natural Of Healing audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
- 8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
- 9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
- 10. Can I read Natural Remedy Bible Everyones Guide To The Natural Of Healing books for free? Public Domain Books: Many classic books are available for free as theyre in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

#### Find Natural Remedy Bible Everyones Guide To The Natural Of Healing:

### mannerism anti mannerism in italian pa

managing the flexible workforce
managing innovative projects
manets silence and the poetics of bouquets
mannheim steamroller christmas - piano duet
managing the press
managing information technology resources and appl
manfred bergmeister schmiedearbeiten smithery
mandala stickers

managing financial information
managing pressure in your marriage group leaders guide
mandie and the tornado mandie
mans first disobedience an interpretatio
mansardas y rincones
manchester on a plate

#### **Natural Remedy Bible Everyones Guide To The Natural Of Healing:**

Practical Guide to U.S. Taxation of International Transactions ... Practical Guide to U.S. Taxation of International Transactions ... Practical Guide to U.S. Taxation of International Transactions ... Aug 14, 2022 — Part I — Provides an overview of the U.S. system for taxing international transactions, and also discusses the U.S. jurisdictional rules and ... Practical Guide to U.S. Taxation of International ... The book emphasizes those areas generally accepted to be essential to tax practice. The book is written primarily as a desk reference for tax practitioners and ... Practical Guide to US Taxation of International ... Aug 15, 2022 — Practical Guide to U.S. Taxation of International Transactions provides readers with a practical command of the tax issues raised by ... Practical Guide to US Taxation of International ... Jul 15, 2020 — Practical Guide to U.S. Taxation of International Transactions 13th Edition is written by Michael S. Schadewald, Robert J. Misey and published ... Practical Guide To US Taxation Of International Transactions Practical Guide To U S Taxation Of International. Transactions, Personalized Recommendations, Practical Guide To U S Taxation Of, International Transactions ... A Practical Guide to U.S. Taxation of International ... by MJ Dunshee · 1998 — The book highlights the major rules and important concepts, and is indeed what it claims to be, a practical guide. ... Part Three covers U.S. taxation of foreign ... Practical Guide to U.S. Transfer Pricing The new 4th Edition of Practical Guide to U.S. Transfer Pricing continues to be the authoritative legal treatise for tax counsel, tax authorities, the judiciary ... Practical Guide to U.S. Taxation of... by Practical Guide to U.S. Taxation of International Transactions (13th Edition). Michael S. Schadewald, Robert J. Misey. EISBN13: 9780808058458. Practical Guide to US Taxation of International ... Practical Guide to U.S. Taxation of International Transactions (12th Edition); ISBN: 0808055313; Authors: Michael S. Schadewald - Robert J. Misey ... USER MANUAL - SRV02 Rotary Servo Base Unit The Quanser SRV02 rotary servo plant, pictured in Figure 1.1, consists of a DC motor that is encased in a solid aluminum frame and equipped with a planetary ... SRV02 Position Control using QuaRC This laboratory guide contains prelab and in-lab exercises demonstrating how to design and implement a position controller on the Quanser SRV02 rotary ... Quanser SRV02 Workbook Jan 1, 2019 — Hakan Gurocak, Washington State University Vancouver, USA, for rewriting this manual to include embedded outcomes assessment. SRV02 Workbook - ... SRV02 User Manual SRV02 User Manual. 1.

Presentation, 1.1. Description. The Quanser SRV02 rotary servo plant, pictured in Figure 1, consists of a DC motor that is encased in a. Quanser SRV02 Workbook Jan 1, 2019 — SRV02 Manual (Student).pdf. This laboratory guide contains pre-lab questions and lab experiments demonstrating how to model the Quanser. SRV02 ... SRV02 User Manual This module is designed to mount to a Quanser rotary servo plant (SRV02). The sensor shaft is aligned with the motor shaft. One end of a rigid link is mounted ... SRV02 Rotary Pendulum User Manual.sxw The following table describes the typical setup using the complete Quanser solution. It is assumed that the ROTPEN is being used along with an SRV02, UPM and Q8 ... SRV02 Gyroscope User Manual The Quanser SRV02 and gyroscope system provides a great platform to study gyroscope properties along with control experiments that resemble real-life ... Rotary Servo Base Unit The Rotary Servo Base Unit is the fundamental element of the Quanser Rotary Control family. It is ideally suited to introduce basic control concepts and ... Control Systems Lab Solutions Quansers lab equipment for control systems are precise, robust, open architecture solutions for a wide range of teaching and research applications. Me and My Feelings: A Kids' Guide to Understanding and ... This book gives kids the skills to stay in control—by breathing deeply, saying positive things to themselves, talking about their feelings instead of keeping ... Me and My Feelings: A Kids' Guide to Understanding ... Amazon.com: Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves eBook: Allen M.Ed. NBCT, Vanessa Green: Kindle Store. Me and My Feelings | Book by Vanessa Green Allen MEd ... This book gives kids the skills to stay in control—by breathing deeply, saying positive things to themselves, talking about their feelings instead of keeping ... Me and My Feelings: A Kids' Guide to Understanding and ... This book shows you how to stay in control—by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to deal ... Me and My Feelings: A Kids' Guide to Understanding and ... Sep 17, 2019 — Me and My Feelings is a good book to help children learn and understand their feelings, emotions, and how to express them in healthy ways. Eye- ... Me And My Feelings - By Vanessa Green Allen (paperback) ... children. This kidfriendly, interactive collection of lessons and activities will help children learn how to manage their emotions--and themselves."--Amie ... Me and My Feelings: A Kids' Guide to ... - nature+nurture This book shows you how to stay in control—by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to deal ... Me and My Feelings: A Kids' Guide to Understanding ... This book gives kids the skills to stay in control—by breathing deeply, saying positive things to themselves, talking about their feelings instead of keeping ... Me and My Feelings: A Kids' Guide to Understanding and ... This book shows you how to stay in control - by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to ... Me and My Feelings: A Kids' Guide to Understanding... Me and My Feelings: A Kids' Guide to Understanding... by Vanessa Green Allen. \$9.99. Select Format. Format: Paperback (\$4.59) - \$9.99). Select Condition ...