

# A Book to Foster Calm, Connection, and Confidence

***Mindful Owl Adventures: A Magical Journey to Feel Calm, Focused, and Empowered*** brings together the beloved, original award-winning story with a brand-new mindfulness guide. Join siblings Alexa and Chester on a magical adventure guided by Mindful Owl. Along the way, they meet animal friends and discover fun, practical tools: deep belly breaths to calm big emotions, tapping into love for kindness and connection, and affirmations and visualization for safety, confidence, and resilience. Blending heartwarming storytelling with simple, science-backed practices, this interactive picture book and mindfulness guide helps children move through daily challenges with more ease, resilience, and self-awareness.

## **Expanded 3rd Edition Includes:**

- Step-by-step mindfulness guide
- QR-linked audio meditations & lessons
- Printable classroom/home activities

**Perfect for homes, classrooms, or anywhere children need support to feel calm, connected, and confident.**



"Annie Ranger creates a wonderfully imaginative story that both kids and adults can enjoy. While fun and creative, it also touches on real-world themes in a thoughtful way. The story keeps children engaged while offering useful lessons for readers of all ages."

**Amy Munoz Family Shelter Program Coordinator**



***Mindful Owl Adventures - A Magical Journey to Feel Calm, Focused and Empowered***

**Annie Ranger**

**Illustrated by Anna Abramskaya**

**Annie Ranger** is an award-winning author, mom, and certified Yoga, Mindfulness, Meditation, and Reiki Master Teacher. A UCLA graduate with a background in publishing, leadership, and wellness, she shares simple, empowering tools for children and families to find calm, focus, and resilience.

**Children's Picture Book: Emotions/Self-Reliance-Mindfulness**

**Ages 3-8**

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