

The Learning Breathe Student Workbook

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“ Learning to Breathe is truly a gem that fills a critical gap in social and emotional learning programs for adolescents. With a deep commitment to helping young people navigate the social and emotional challenges of this developmental period, Broderick has artfully crafted an outstanding mindfulness-based program supported by rigorous research.

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The Learning Breathe Student Workbook

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Learning to BREATHE | A Mindfulness Curriculum for Adolescents

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