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Sleepytime Tips

Patti Teel's

**the Floppy
Sleep
game**

Helps Children Relax
and Fall Asleep

Patti Teel's

**the Floppy
Sleep
game**



Patti Teel

Helps children fall asleep
using gentle music and yoga techniques

**Award
Winner**

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The Floppy Sleep Game A Bedtime Relaxation Tape

**Melvil Dewey, Richard Rogers
Bowker, L. Pylodet, Charles Ammi
Cutter, Bertine Emma Weston, Karl
Brown, Helen E. Wessells**

The Floppy Sleep Game A Bedtime Relaxation Tape:

The Floppy Sleep Game Book Patti Teel, 2005 A ground breaking program designed to help young children fall asleep on their own includes seven guide relaxation exercises that allow parents to customize a bedtime routine to promote a restful sleep Original

Stress Relief and Relaxation Techniques Judith Lazarus, 2000 This guide helps readers dissolve stress gain clarity and cultivate a more peaceful existence with relaxation and stress relief therapies From meditation to massage biofeedback and journal writing it offers proven easy to use techniques for calming the body mind and spirit Area Woman

Blows Gasket Patricia Pearson, 2010-04-30 From the author of *Playing House* comes a sharp and sophisticated collection of essays that takes us on a hilarious tour of our twenty first century obsessions and distractions Patricia Pearson is a working woman wife and mother on the verge Whether it's being humiliated by the Beauty Bullies at the Lancôme counter or failing to live up to the Serene Mother ideal Pearson is fed up with negotiating our present day myths and fads In *Area Woman Blows Gasket* Pearson plumbs every facet of modern life marriage and motherhood from choosing the right vegan bran hemp diet for your family to confronting your husband's irrational fear of mayonnaise Adult education classes psychotherapy 100 haircuts the latest news on what may or may not cause cancer Christmas shopping all come into sharp focus with the help of Pearson's comic eye Her wry brand of wisdom is a refreshing and long awaited release from the contradictions thrown at us by society

Words on Cassette, 2002 R R Bowker Publishing, 2002 **Library Journal** Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2005 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Library Journal*, 2005 *The Publishers Weekly*, 2001 *Books Out Loud*, 2007 School Library Journal, 2000

Office on the Go Kim Baker, Sunny Baker, 1993 Aims to provide an easy to use guidebook to mobile office technologies to enable travelling business people to be fully wired with notebook computers and so on to turn wasted travel hours into productive time Topics covered include word processing and spreadsheet functions

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