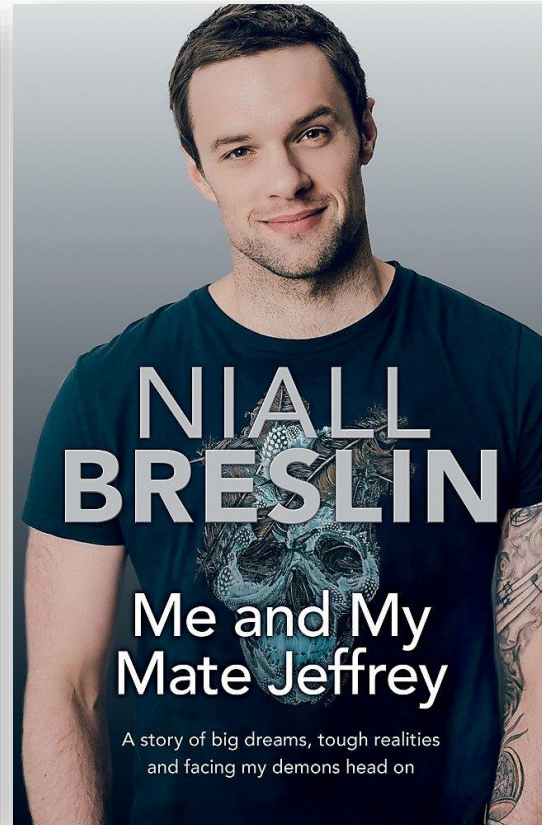


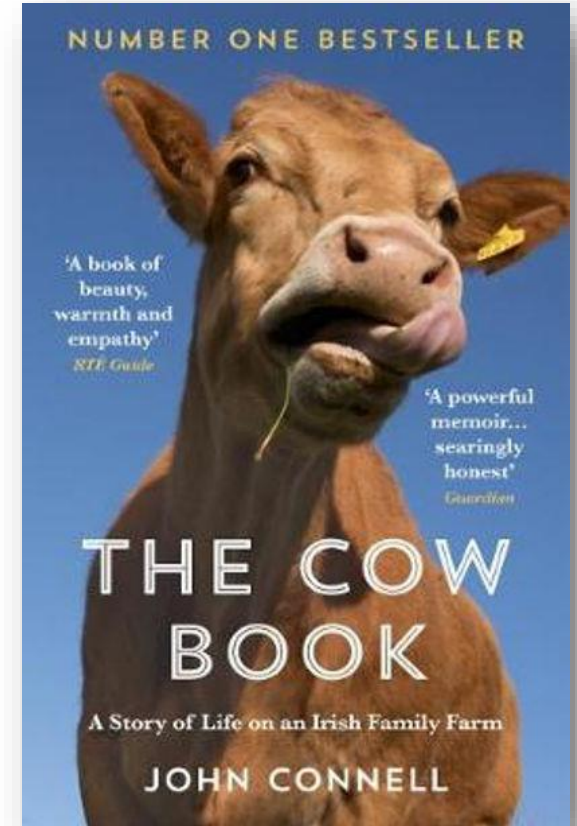
Our Parent Says:
The power of now by Eckhart Tolle helps us live in the moment and practice positive living.



Our parent says:
Good ideas about overcoming panic attacks and anxiety, might be of benefit to teens



Our parent says:
Easy to read - life and its challenges summed up beautifully especially in these strange times



Our parent says:
Reminded me of things from my youth that we should know. Important to acknowledge rural Ireland in our society.