



King Calm: Mindful Gorilla in the City

Susan D. Sweet, Brenda S. Miles

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Meet Marvin. He's a calm and mindful gorilla living in the Great Big City. He is peaceful and composed and enjoys every minute of his day unlike his thumping, roaring, and former Empire State-climbing Grandpa! Readers are introduced to the concept of living mindfully in a creative, practical, and easy-to-apply way. Includes a "Note to Parents and Caregivers" by the authors.

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