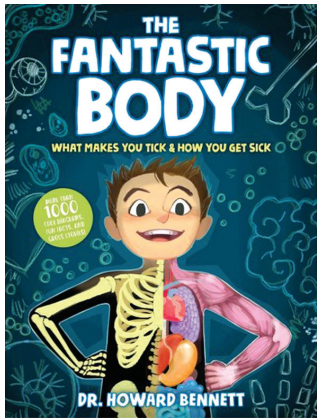


Health & Wellness Magazine Free to enter Book Competition

10 Copies of each of these books to give away. Enter today!



The Fantastic Body

A clever reference guide to the human body with more than 1,000 cool diagrams, fun facts, and gross stories—written by a pediatrician.

The Fantastic Body is the ultimate kids' reference guide to the human body! Jam-packed with fun facts, cool diagrams, and gross stories galore, this go-to guide will captivate curious readers for hours on end. Kids will take their learning beyond reading the book with DIY projects that demonstrate different body functions and tips for making their regular

checkups less scary. Through humor, science, and engaging illustrations, this fun and comprehensive reference book is the perfect gift for kids wanting to know more about the mysterious stuff going on inside their bodies. Written by a successful, practicing pediatrician.

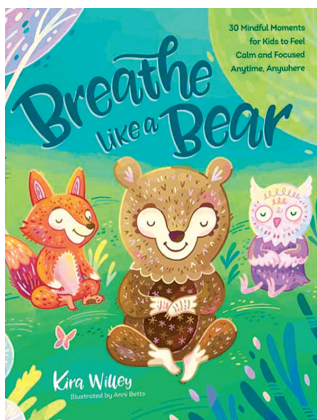
- Packed with facts, humor, and gross stories kids will love.
- Fun reference books make great gifts.
- A blend of detailed diagrams and funny cartoon illustrations.

HOW TO ENTER:

Just email your name and mailing address to editor@phrmedia.com

In the Subject line, put the title of the Book you want to win.

Closing Date:
December 15th 5.00pm.



Breathe Like a Bear

A collection of 30 mindfulness exercises to help kids feel calm, focused or energized that can be done without leaving their seats.

Breathe Like a Bear is a beautifully illustrated collection of movements and breathing exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, they can be performed anywhere: in the backseat of a car, at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning CD, *Mindful Moments for Kids*, this is the first book of its kind and is the perfect tool to help children and parents develop a fun and consistent mindfulness practice.

- Helps kids find calm, gain focus, and feel energized.

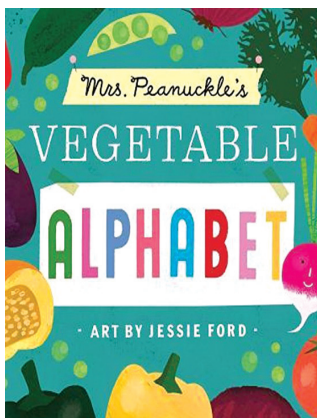
- Exercises can be performed seated in a chair.
- Great for at home, in the car, and in the classroom.
- Whimsical, full-color illustrations throughout.
- Trim size is perfect for kids on the go, fitting easily in a backpack or backseat pocket.

About the Author:

Kira Willey is an award-winning songwriter, kids' yoga expert, and creator of Rockin' Yoga School Programs. She has released three nationally acclaimed albums of children's yoga songs that blend upbeat, danceable music with get-up-and-move yoga inspiration. Her fourth release, *Mindful Moments for Kids*, is the inspiration for *Breathe Like a Bear*.

About the Publishers:

Rodale Kids is a new imprint from Rodale Books dedicated to publishing fun and entertaining titles that nourish the imagination, encourage a lifelong love of reading, and motivate good habits of nutrition, fitness, mindfulness, and environmental responsibility. The inaugural list debuted in Fall 2017 with content aimed at ages ranging from infants to teens and including fiction and nonfiction picture books, early reader titles, chapter books, how-to nonfiction, gift reference, and Young Adult fitness and self-help. Look for Total Teen by New York Times bestselling fitness author Tracy Anderson, the exciting Team Taekwondo series that features the important principles of the martial arts, fun alphabet board books about nature from Mrs. Peanuckle, award-winning children's music and yoga expert Kira Willey's *Breathe Like a Bear*, Chef Gino's Taste Test Challenge, the exciting Team Taekwondo series that features the important principles of the martial arts, fun alphabet board books about nature from Mrs. Peanuckle, award-winning children's music and yoga expert Kira Willey's *Breathe Like a Bear*, Chef Gino's Taste Test Challenge, the Positive Power early reader series, the important *The Fantastic Body: What Makes You Tick and How You Get Sick*, which features amazing facts that every kid should know, *The King of Too Many Things*, a whimsical picture book about being mindful of what you ask for, and more to come. Rodale Kids: Grow Readers With Us.



Mrs. Peanuckle's Vegetable Alphabet

A playful and engaging board book that makes learning about vegetables as easy as ABC.

Mrs. Peanuckle's Vegetable Alphabet introduces babies and toddlers to a colorful variety of vegetables, from asparagus to zucchini. Perfect to read aloud, this vegetable buffet will delight children and parents alike with its yummy vegetable facts and vibrant illustrations. Learning the ABCs has never been so delicious! *Mrs. Peanuckle's Vegetable Alphabet* is the first in a series of board books celebrating the joy of nature at home and in the backyard, from fresh fruits and vegetables to birds, bugs, flowers, and trees.

- Introduces young children to the ABCs and the names of vegetables.

- Playful text and illustrations help parents and preschool teachers teach young children about nature.
- Goes beyond the ABCs with fun facts about vegetables that may surprise even some parents.

About the Author:

Mrs. Peanuckle loves to write, talk to animals and birds, and putter in her garden. She has a vast assortment of children and grandchildren (some of them pets and some of them imaginary). She also collects rocks, shells, books, and eccentric friends. When she is not traveling and exploring the universe, you can find her cooking and eating while singing in her magical cabin in the woods. Most of all, she loves to laugh.