

Goodnight Love: A Bedtime Meditation Story

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Laura Watkins, Illustrator

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Sparkles abound in the evening sky of this cheerful picture book about achieving a peaceful goodnight. A sloth and their baby are all smiles in their jungle home, clinging to branches among other happy creatures before retiring to their cozy, well-lit treehouse. Indeed, they're models of meditative pre-snoozing activities, breathing deep and exhaling slowly. They celebrate the bright moments of their day. Young readers will enjoy replicating the routines that they share and will learn plenty from the nature-celebrating mantras they recite.

MICHELLE ANNE SCHINGLER (January / February 2023)

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