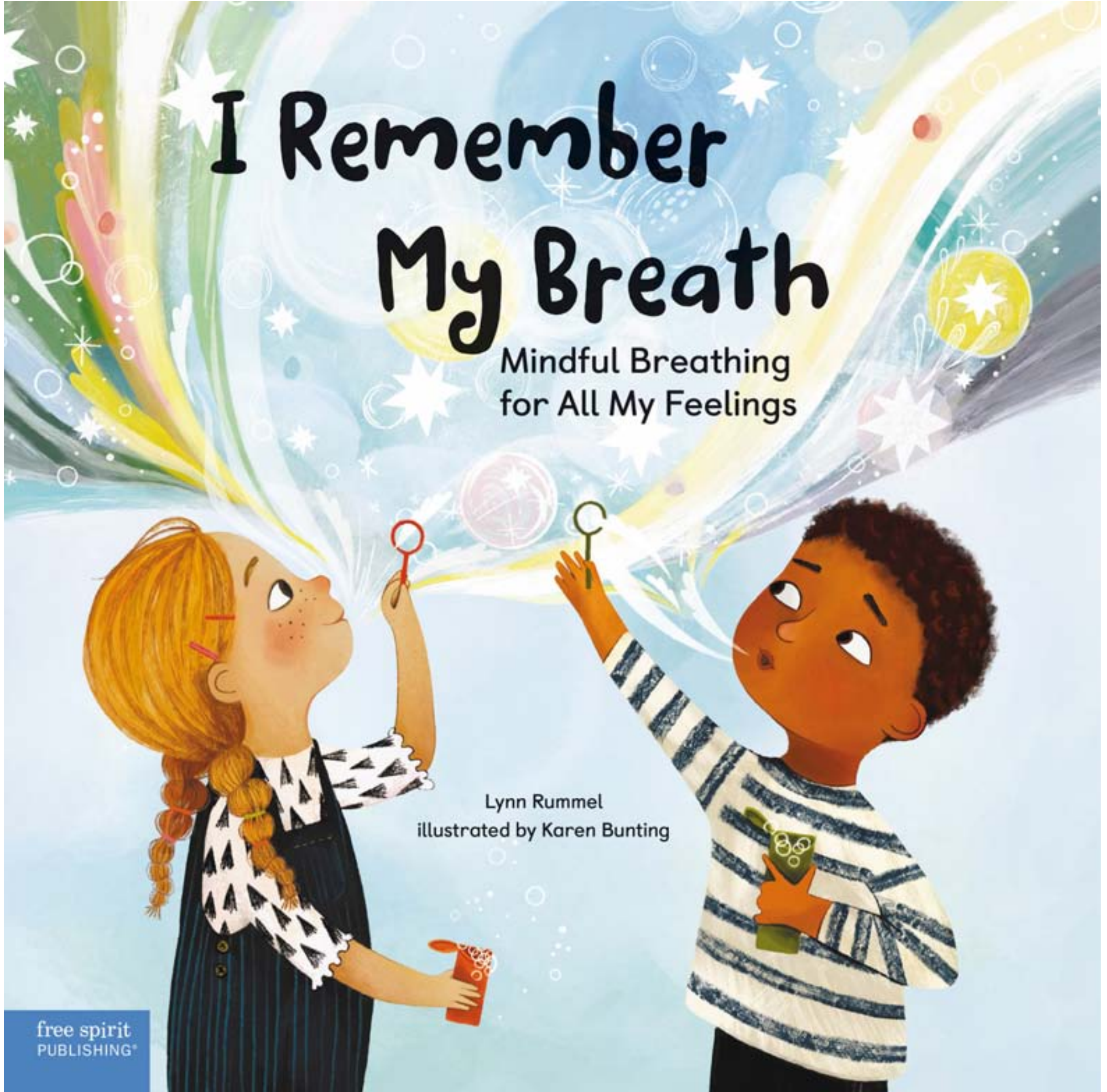


# I Remember My Breath

Mindful Breathing  
for All My Feelings

Lynn Rummel  
illustrated by Karen Bunting



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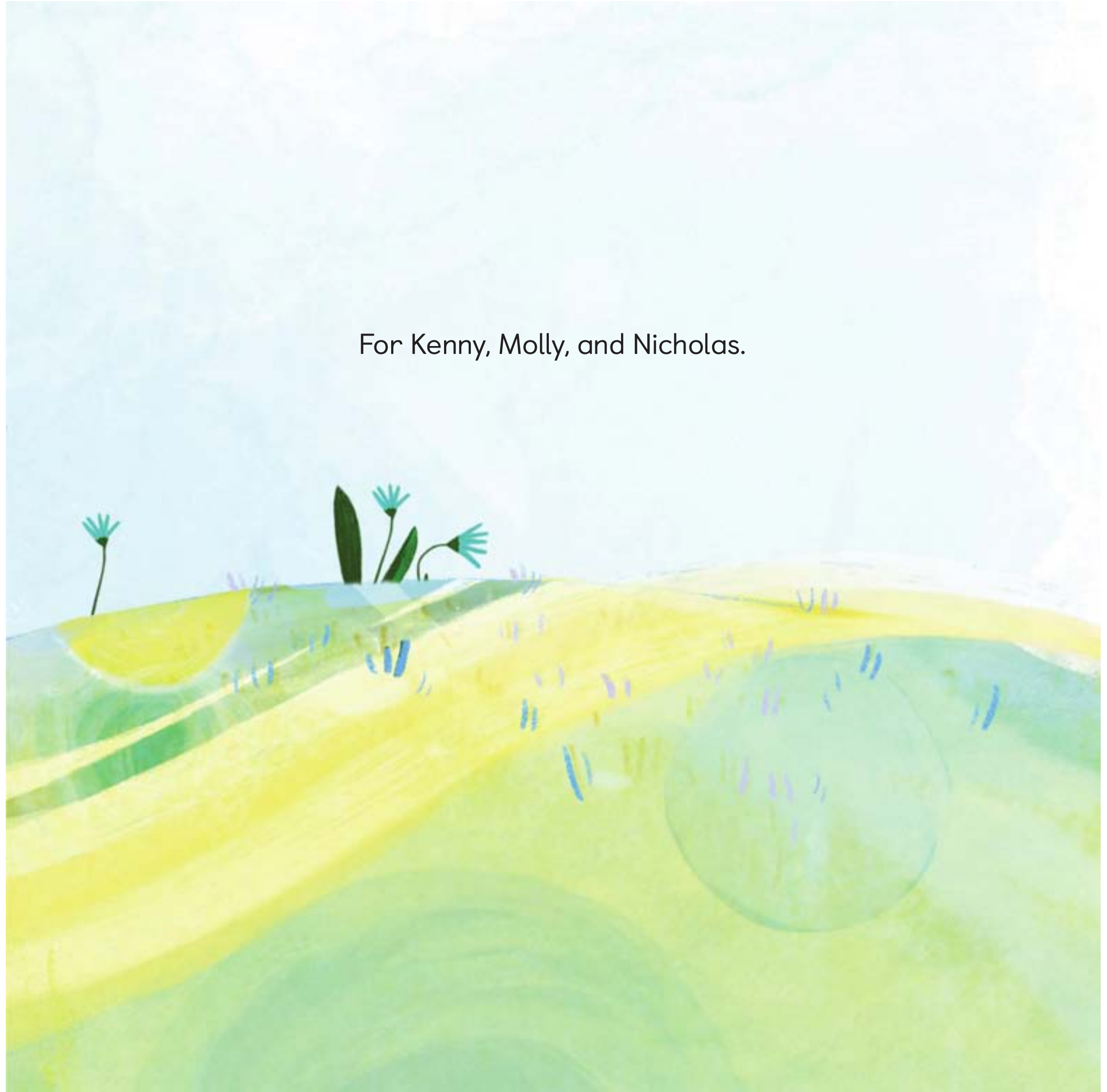
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For Kenny, Molly, and Nicholas.



I have so many feelings.  
Sometimes it's hard to know  
what to do with them.





Paying attention to my breath can help.  
My breath is always with me.  
My breath helps me know what to do.

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