



# **I AM a Lovable ME! (I Am a Lovable Me!)**

*Sharon R. Penchina, Stuart Hoffman*

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Helping children develop and practice the core building blocks of constructive internal dialogue, I AM a Lovable ME!™, ® *Affirmations for Children* is chock full of *almost 100* affirmations that teach positive self talk. The book has a whimsical rhyme, spoken by the "LOVABLE ME" bug, and vibrant imagery emphasizing the importance of family, healthy eating, exercise, imagination, being a good friend, and enjoying life. The CD has whimsical music and verse, narrated by an adorable child, and will captivate children and have them singing their own praise in no time! Narration of I AM a Lovable ME! book.

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