



joyohboy
raising peaceful kids

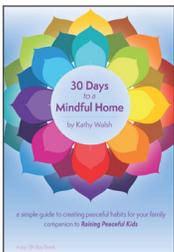
MINDFULNESS EXPERT AND AWARD-WINNING AUTHOR HOSTS BOOK READING

CONCORD, NH – January 9, 2017 – Kathy Walsh, award-winning children’s author and mindfulness expert, will be hosting a book reading of her two guides on Mindful Parenting at Gibson’s Bookstore on Saturday, February 18 at 2:00 PM.

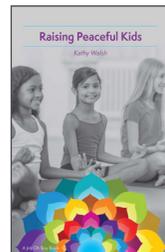
Kathy’s best-selling parenting guides include **30 Days to a Mindful Home** and **Raising Peaceful Kids**. In this high-tech, busy world of today, how do parents create balanced, peaceful environments for their children to grow up in? What is “Mindful Parenting”? And how can parents raise children in a mindful way? Growing up in a family of seven children in a home filled with love, Kathy will share some tips for connecting children to peace through intention, love, gratitude, rituals, positivity and planning. These simple steps help parents connect children to their hearts, think positively, and to express their feelings.

Walsh’s books, for both children and parents, seek to bring mindfulness, peace, and positivity into the homes of families across the world. “I wanted to inspire children and parents alike,” she explains. “Mindfulness is a conscious choice and one that takes a great deal of work to achieve.

Join Kathy for “A Guide to Mindful Parenting” at Gibsons Bookstore (located at 45 South Main Street, Concord NH 03301) on Saturday, February 18 at 2:00 PM!



30 Days to a Mindful Home is a workbook and guide for every family to start making their home a more mindful and peaceful space. Incorporating mindfulness into your daily routine will help both parents and children live a more joyful and balanced life.



Give parents the tools to raise children in a mindful and compassionate way. These simple steps help parents connect children to their hearts, think positively, and to express their feelings. The companion illustrated children’s books, songs and meditations reinforce the message of gratitude and joy.

About Kathy

Inspired by her whimsical and influential childhood experiences, Kathy set out to live a positive life of mindfulness and peace. Boasting more than 20 years of experience working with children, the arts, and education, Kathy finds nothing more exciting than helping children and their families find a life of joy. Kathy created Peace Place for Kids to help children connect to peace through mindfulness, meditation and movement. She has taught children’s Magic Carpet Yoga classes and parenting classes in Santa Fe and New York City at Vegefest.

As the founding buyer for Barney’s and a fashion buyer for Bloomingdale’s, Bendel’s and ABC Carpet and Home, Kathy has her finger on the pulse of the latest trends and knows how to present them in an articulate and stylish manner.

Kathy has been featured on National press, radio, blog sites and TV. She was interviewed on a segment on NPR Los Angeles. She is a regular blogger on Huffington Post and has recently been featured on The Elephant Journal. Learn more about Kathy Walsh and Joyohboy at www.joyohboy.com.

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