

A Sloths Guide To Mindfulness

A Sloth's Guide to Mindfulness: A Thoughtful Examination

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Editor: Sarah Chen, a certified mindfulness instructor with 10 years of experience in editing and publishing works related to meditation and personal growth. Sarah brings a keen eye for detail and a deep understanding of the mindfulness landscape to her editorial work.

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Introduction: Embracing the Slow Lane to Inner Peace

"A Sloth's Guide to Mindfulness" offers a unique and refreshing perspective on the increasingly popular practice of mindfulness. Instead of focusing solely on human experience, it draws parallels between the deliberate, slow-paced lifestyle of sloths and the core principles of mindful living. This thoughtful exploration challenges readers to reconsider their relationship with time, stress, and the present moment, offering a practical and surprisingly effective approach to cultivating inner peace.

The Core Principles of "A Sloth's Guide to Mindfulness"

The book's central argument revolves around the idea that sloths, often perceived as lazy, embody several key characteristics crucial to mindful living. These include:

Intentional Slowness: Sloths move deliberately, without rushing. This serves as a powerful metaphor for mindful action, emphasizing the importance of conscious choices and avoiding impulsive reactions. "A Sloth's Guide to Mindfulness" encourages readers to emulate this slowness, paying attention to the rhythm of their actions and resisting the urge to constantly multitask.

Present Moment Awareness: Sloths are remarkably present in their environment. They meticulously savor their food, carefully navigate their surroundings, and engage fully with their immediate experiences. The book uses this as a springboard to discuss the benefits of cultivating present moment awareness—the ability to fully immerse oneself in the here and now, rather than being preoccupied with the past or future.

Acceptance and Non-Judgment: Sloths accept their inherent limitations and move at their own pace. They don't strive for speed or efficiency; they simply exist in harmony with their nature. "A Sloth's Guide to Mindfulness" argues that this acceptance of oneself, including flaws and imperfections, is a cornerstone of mindful living. It encourages readers to embrace their limitations and avoid self-criticism.

Mindful Movement: The deliberate movements of a sloth are a masterclass in mindful movement. Each action is precise and considered. The book advocates for incorporating mindful movement into daily life, whether it's walking, eating, or working, emphasizing the importance of paying attention to the sensations in the body.

Challenges and Opportunities Presented by "A Sloth's Guide to Mindfulness"

While the book offers a compelling and accessible approach to mindfulness, it also presents certain challenges and opportunities:

Challenges:

Cultural Perceptions of Sloths: The image of the sloth might initially seem counterintuitive to Western ideals of productivity and efficiency. Overcoming this cultural bias requires a shift in perspective, acknowledging that slowness can be a source of strength and well-being.

Translating Animal Behavior to Human Practice: The book's central metaphor—using sloths as a model for mindful living—might require careful consideration. While drawing parallels between animal and human behavior can be illuminating, it's essential to avoid anthropomorphism and to acknowledge the inherent differences between species.

Accessibility for Individuals with ADHD or other Conditions: The emphasis on slowness might prove challenging for individuals with attention deficit hyperactivity disorder (ADHD) or other conditions affecting attention and focus. Adapting the techniques presented in the book to suit individual needs is crucial.

Opportunities:

Novel Approach to Mindfulness: "A Sloth's Guide to Mindfulness" offers a refreshing alternative to traditional mindfulness approaches. Its unique perspective makes the practice more engaging and accessible to individuals who might find traditional methods too austere or demanding.

Promoting a Holistic Approach to Well-being: The book's emphasis on slowness, acceptance, and present moment awareness extends beyond simple stress reduction. It promotes a broader

perspective on holistic well-being, encompassing physical, mental, and emotional health.

Connecting with Nature: The use of sloths as a metaphor creates a connection with the natural world, emphasizing the restorative power of nature in fostering mindfulness and well-being.

Summary of Primary Arguments and Insights

"A Sloth's Guide to Mindfulness" advocates for a slower, more deliberate approach to life, drawing inspiration from the behavior of sloths. It emphasizes the importance of present moment awareness, acceptance, and mindful movement in cultivating inner peace and reducing stress. The book's unique approach makes mindfulness more accessible and engaging, offering a practical guide to incorporating these principles into daily life. It acknowledges potential challenges and provides strategies for adapting the techniques to individual circumstances, ultimately promoting a more holistic approach to well-being.

Conclusion

"A Sloth's Guide to Mindfulness" is a valuable contribution to the growing body of literature on mindfulness. Its unique approach, drawing on the behavior of sloths, offers a fresh perspective on this ancient practice, making it more approachable and relatable to a wider audience. While acknowledging the potential challenges of translating animal behavior to human practice, the book provides a compelling argument for the benefits of slowness, acceptance, and present moment awareness in cultivating inner peace and well-being. It encourages readers to embrace their inherent pace, to find joy in the simple things, and to reconnect with themselves and the natural world around them. Ultimately, it reminds us that true mindfulness isn't about achieving perfection, but about embracing the present moment with gentleness and acceptance – much like a sloth gracefully moving through its world.

FAQs

1. Is "A Sloth's Guide to Mindfulness" suitable for beginners? Yes, the book's accessible language and relatable metaphors make it suitable for beginners, offering a gentle introduction to mindfulness principles.
2. How does this book differ from other mindfulness books? It utilizes the unique behavior of sloths as a metaphor, offering a refreshing and engaging approach compared to traditional mindfulness texts.
3. Does the book provide specific exercises or techniques? Yes, it provides practical exercises and techniques inspired by sloth-like behavior to cultivate mindfulness in daily life.

4. Is this book only for people struggling with stress? While helpful for stress reduction, it's beneficial for anyone seeking to cultivate greater self-awareness and live more intentionally.
5. Can children benefit from reading "A Sloth's Guide to Mindfulness"? While the text is aimed at adults, the core principles are adaptable and can inspire mindful practices for children with appropriate adaptation.
6. What if I find the emphasis on slowness challenging? The book acknowledges this and offers suggestions for adapting the techniques to suit individual needs and paces.
7. How does this book incorporate scientific research? Dr. Ramirez's background ensures the content is grounded in relevant behavioral psychology and mindfulness research.
8. What makes this a valuable resource for mental health professionals? It offers a novel and accessible approach to mindfulness that can be shared with clients, broadening the application of mindfulness techniques.
9. Where can I purchase "A Sloth's Guide to Mindfulness"? The book is available online through Mindful Living Press and major online retailers.

Related Articles

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2. The Science of Slow Living: How Slowing Down Can Improve Your Well-being: Examines the scientific evidence supporting the benefits of a slower pace of life and its connection to mindfulness.
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9. Stress Reduction Techniques: A Comprehensive Guide to Managing Stress and Anxiety: Provides a broader overview of stress-reduction techniques, placing "A Sloth's Guide to Mindfulness" within the context of other approaches.

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a sloths guide to mindfulness: Sloth and Smell the Roses (A Hello!Lucky Book) Hello!Lucky, Sabrina Moyle, 2021-01-12 A playful board book about the pillars of mindfulness from the bestselling creators of Hello!Lucky! This pun-derful guide to mindfulness offers many fun teaching moments for kids and their caregivers, covering topics from taking deep breaths to acknowledging strong feelings and working to let them go. Filled with bright, adorable illustrations in Hello!Lucky's inimitable style, this playful, sturdy board book is sure to give the preschool set much to ponder. As a bonus seek-and-find element, readers will find at least one rose on every spread—an additional reminder to stop and smell the roses!

a sloths guide to mindfulness: A Turtle's Guide to Introversion Ton Mak, 2021-02-23 A Turtle's Guide to Introversion is a delightful illustrated gift book that celebrates the wonderful qualities of introverts through the everyday adventures of a turtle. Being an introvert comes with numerous advantages and the occasional woe, and no animal knows that better than the humble turtle hiding in its shell. This book celebrates introverts and their many wonderful, often-underrated qualities. The story is narrated by a lovable turtle who finds socializing tiring, prefers alone time, and recharges through solitude. Each spread features 2-color illustrations of Turtle navigating life alongside a cast of pudgy animal friends. Self-identified introverts, art and comics enthusiasts will love the spare yet resonant text, adorable narrator, and delightful illustrations. This uplifting novelty book is a cute collectible or a sweet anytime gift for a friend. • BESTSELLING BOOK SERIES: Author Ton Mak delivers all the same ingredients as her bestselling book A Sloth's Guide to Mindfulness with a new (adorable) animal protagonist you'll instantly love. • INTROVERTS DESERVE TO BE CELEBRATED: Introverts are having a moment (separately, each one on their own). People are preferring to stay in rather than go out and this book makes it ok to need some alone time. Perfect for: • Introverts, and Extroverts who are secretly Introverts. • People who like turtles. • Fans of quirky comics in the style of Gemma Correll, Jomny Sun, and Yumi Sakugawa.

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a sloths guide to mindfulness: A Sloth's Guide to Taking It Easy Sarah Jackson, 2018-05-29 Is modern living stressing you out and getting on top of you? Try slowing things down a little by being more sloth. Living in the 21st century is exciting, but with everything moving so quickly it can feel a touch overwhelming. It's time that everybody relaxed and took a moment to enjoy the simple pleasures, but we also appreciate it's easier said than done. That's why we've enlisted the help of an expert to guide you along the path to peace. Meet your mentor: Brian the sloth.

a sloths guide to mindfulness: Be More Sloth Alison Davies, 2018-08-21 Embrace your inner

sloth with this light-hearted self-help book. From being still and enjoying the moment, to digging your claws in when life gets tough, this book will show you how to go after your goals and get the most out of living life in the slow lane. Sloths' ability to seize the day makes them excellent examples of how to make the most of every moment; whether it's climbing higher to get a fresh perspective, or a graceful swim in a nearby lagoon, sloths have it sorted. Relaxed, resilient and powerful, sloths are happy to go at their own pace, unflustered by the world around them. This book reveals the six marvellous traits that you can embody to Be More Sloth and live a happier, healthier and all-round more chilled existence. Packed with practical tips and exercises, interspersed with folklore and fun facts about these furry gurus, there's something for everyone. So hang in there, relax, and learn the art of being more sloth.

a sloths guide to mindfulness: *Sloths* William Hartston, 2018-10-18 A wonderfully entertaining celebration of that most unique of creatures: the sloth. In public estimation, sloths have undergone an astonishing transformation in the course of the past few years. Thanks largely to YouTube clips posted by the sloth orphanage in Costa Rica, sloths have attracted a vast audience of admirers. Instead of seeing them as ridiculous anachronisms of which we know little, they have turned into creatures considered by many to be the most endearing on earth. Over much the same period, scientific investigations have also changed our view of sloths. No longer are they seen as total misfits in the modern world but, in the words of one specialist sloth investigator, they are 'masters of an alternative lifestyle'. In this wonderfully entertaining celebration of this most unique of creatures, William Hartston reveals the fascinating history of the sloth, from the prehistoric ground sloth to modern pygmy sloths in Panama, explores the current state of the science of sloths and reveals the truth behind sloth behaviour.

a sloths guide to mindfulness: *A Little Space for Me* Jennifer Gray Olson, 2020-07-28 With clever, inventive art and universally relatable themes, *A Little Space for Me* by Jennifer Gray Olson is a heartwarming picture book about the importance of mindfulness, understanding, and finding a moment of peace within a big, busy world. Sometimes, when it's too loud, too crowded, too messy, too smelly, or for no reason at all, you might just need a little bit of space to feel like yourself again.

a sloths guide to mindfulness: *Do Nothing* Celeste Headlee, 2020-03-10 We work feverishly to make ourselves happy. So why are we so miserable? This manifesto helps us break free of our unhealthy devotion to efficiency and shows us how to reclaim our time and humanity. 'This book is so important and could truly save lives . . . With intelligence and compassion, Headlee presents realistic solutions for how we can reclaim our health and our humanity from a technological revolution that seems hell-bent on destroying both. I'm so grateful to have read this book. It delivers on its promise of a better life' - Elizabeth Gilbert, bestselling author of *Big Magic* and *Eat, Pray, Love* Despite our constant search for new ways to 'hack' our bodies and minds for peak performance, human beings are working more instead of less, living harder not smarter, and becoming more lonely and anxious. We strive for the absolute best in every aspect of our lives, ignoring what we do well naturally. Why do we measure our time in terms of efficiency instead of meaning? Why can't we just take a break? In *Do Nothing*, award-winning journalist Celeste Headlee illuminates a new path ahead, seeking to institute a global shift in our thinking so we can stop sabotaging our well-being, put work aside and start living instead of doing. The key lies in embracing what makes us human: our creativity, our social connections (Instagram doesn't count), our ability for reflective thought, and our capacity for joy. Celeste's strategies will allow you to regain control over your life and break your addiction to false efficiency, including: -Increase your time perception and determine how your hours are being spent. -Stop comparing yourself to others. -Invest in quality idle time. Take a hot bath and listen to music. -Spend face-to-face time with friends and family It's time to recover our leisure time and reverse the trend that's making us all sadder, sicker, and less productive.

a sloths guide to mindfulness: *A Little Book of Sloth* Lucy Cooke, 2013-03-05 Cozy up with adorable baby sloths in this irresistible photographic picture book. Hang around just like a sloth and get to know the delightful residents of the Avarios Sloth Sanctuary in Costa Rica, the world's largest sloth orphanage. You'll fall in love with bad-boy Mateo, ooh and ahh over baby Biscuit, and want to

wrap your arms around champion cuddle buddy Ubu! From British filmmaker and sloth expert Lucy Cooke comes a hilarious, heart-melting photographic picture book starring the laziest—and one of the cutest—animals on the planet.

a sloths guide to mindfulness: *Mindfulness for Teens in 10 Minutes a Day* Jennie Marie Battistin, 2022-06-28 Calm your mind and find your best self with 10-minute mindfulness exercises for teens Learn how to use mindfulness, or the ability to be fully aware in the present moment, to reduce everyday stress. Mindfulness for Teens in 10 Minutes a Day shows you how to take control of your feelings and focus your attention with short, simple mindfulness activities. Discover a wide variety of mindfulness techniques that will fit easily into your routine and help you thrive in every area of life. These engaging exercises show you how to find peace in the face of stress, improve relationships with friends and family, boost your self-esteem, and increase your focus to help you succeed at school and work. This book about mindfulness for teens includes: Short practice, big benefits—Take just a few minutes each day to find calm, focus, reconnect with your emotions, and respond to challenging situations. Exercises for going deeper—Find suggestions for connecting more deeply with each activity, including journal prompts and meditations for further reflection. Breathing techniques—Learn three key breathwork techniques to help you relax, reduce anxiety, and energize your body. Improve focus, reduce stress, and be fully present with help from Mindfulness for Teens in 10 Minutes a Day.

a sloths guide to mindfulness: *Mindfulness* Mark Williams, Danny Penman, 2012-11-13 MINDFULNESS reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of anxiety, stress, unhappiness, and exhaustion. It promotes the kind of happiness and peace that gets into your bones. It seeps into everything you do and helps you meet the worst that life throws at you with new courage. The book is based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK's National Institute for Health and Clinical Excellence - in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MBCT was developed by the book's author, Oxford professor Mark Williams, and his colleagues at the Universities of Cambridge and Toronto. By investing just 10 to 20 minutes each day, you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits. The book includes links to audio meditations to help guide you through the process. You'll be surprised by how quickly these techniques will have you enjoying life again.

a sloths guide to mindfulness: *Needing to Know for Sure* Martin N. Seif, Sally M. Winston, 2019-12-01 Powerful skills based in cognitive behavioral therapy (CBT) to help you break free from the fear of uncertainty and put a stop to compulsive checking and reassurance seeking. "How do I know I made the right decision?" "What if I'm wrong?" "I need to know for sure." Do you have thoughts like these—thoughts that cause you to second-guess yourself, and lead to anxiety, stress, and worry? Do you find yourself repeatedly checking your email for no reason, asking others for their opinions about something again and again, or lying awake at night overanalyzing and planning ahead in an attempt to feel less anxious? If so, you probably have a problem with compulsive reassurance seeking. The good news is that you can break free from this "reassurance trap"—this book will show you how. In this unique guide, you'll find proven-effective tips and tools using CBT to help you tolerate uncertainty, face specific worrying scenarios, and gradually reduce the compulsion to incessantly seek reassurance. Most importantly, you'll learn to deal with those pesky "doubt attacks" and trust your own judgment. Asking for reassurance is a self-reinforcing behavior—if you do it, you're less likely to handle stressful situations without needing further reassurance. And so the cycle continues. The CBT skills in this book will help you break this exhausting and painful pattern, so you can build self-confidence and improve your life.

a sloths guide to mindfulness: *Be a Sloth* Sarah Ford, 2018-06-14 Sloth takes life at his own

pace. He knows what makes him happy (naps, box-set binges, a good banana) and what makes him unhappy (laundry day, the gym, people who don't recycle), and he makes sure his life is filled with more of the former than the latter. He is kind to his environment, but, just as importantly, he is kind to himself. Be like Sloth, and you'll discover the secret to escaping the rat race and living a happy life in the slow lane. A fun little gift book full of cute, hilarious and inspirational sloth mantras.

a sloths guide to mindfulness: *Over and Under the Rainforest* Kate Messner, 2020-08-11 Part of the critically acclaimed *Over and Under* series! Award-winning duo Kate Messner and Christopher Silas Neal take readers on a thrilling tour of one of the most diverse ecosystems on planet earth: the rainforests of Central America. Discover the wonder that lies hidden among the roots, above the winding rivers, and under the emerald leaves of the rainforest. • Features animals like the slender parrot snake to the blue morpho butterfly • Explores the canopies, where toucans and pale-billed woodpeckers chatter and call • Other animals include capuchin monkeys who swing from vines and slow-moving sloths who wait out daily thunderstorms Under the canopy of the rainforest hundreds of animals make their homes, but up in the leaves hides another world. This stunning read is perfect for kids who can't get enough of the rainforest and all the animals living in it. • Equal parts educational and beautiful, this book is perfect for parents and grandparents, as well as librarians, science teachers, and educators. • A great book for kids who love nature, rainforests, animals, and learning more about the world • Perfect for children ages 5 to 8 years old • You'll love this book if you love books like *The Big Book of Bugs* by Yuval Zommer, *The Animal Book* by Lonely Planet Kids, and *A Butterfly Is Patient* by Dianna Aston.

a sloths guide to mindfulness: *Lord Help Me* Emme Muñiz, 2020-09-29 The everyday power of prayer comes to life in this inspirational picture book written by twelve-year-old budding singer Emme Muñiz. We all have moments every day where we can use a little help. Some are small, like waking up for school or getting along with a sibling. Others are big, like helping to save the planet and all its creatures—especially sloths! But asking God for help always brings us the strength to get through anything. Emme Muñiz shares her own daily prayers to offer families a way to embrace the peace and power of everyday faith.

a sloths guide to mindfulness: *Ornithery* Holly Merker, Richard Crossley, Sophie Crossley, 2021-03

a sloths guide to mindfulness: *Marleigh is Mindful* Linda Ryden, 2021-05-27 Marleigh is Mindful is a fun guide for kids about how to use mindfulness to take care of big emotions. Through every day vignettes that all kids will recognize, Marleigh and her friends share the mindfulness practices that help them when they feel worried, mad, distracted, sad, really excited, lonely, happy, and concerned for the world around them. In relatable language, Marleigh and her friends teach the reader how they can use these practices too. Warm and engaging illustrations and practical guidance make this book a must have for helping kids navigate life's challenges from disagreement with a sibling to concern for a stranger's well-being. This book is published by Peace of Mind, a nonprofit organization that supports the teaching of mindfulness, kindness and conflict resolution in our schools. TeachPeaceofMind.org.

a sloths guide to mindfulness: *That's Not My Sloth...* Fiona Watt, 2020-01-20 Babies and toddlers will love turning the pages, touching the feely patches and spotting the familiar little white mouse as they look for their sloth!

a sloths guide to mindfulness: *Sloth Wasn't Sleepy* Kate Messner, 2021-01-12 For any child having trouble getting to sleep, the most lovable animal in the rain forest is here to help. One night at bedtime, Sloth wasn't sleepy. "What if I worry when I try to fall asleep?" Sloth said. "Ah ... worries," Mama said. "We will have to let them go." A tough day, a bad dream, a scary noise ... these are just a few of the things that can keep kids wide awake and frightened after dark. But Mama Sloth knows the secrets for calming worried minds and getting to sleep—and as she shares them with her daughter, young readers will learn valuable relaxation skills that last a lifetime. *Sloth Wasn't Sleepy* does more than provide a sweet bedtime story—kids will join Sloth to learn mindfulness practices such as "shrinking down" fears in their mind and calming their body through

breath and simple visualizations. Kate Messner's beautiful book helps parents and kids relax into dreamland with a sense of peace, safety, and belonging.

a sloths guide to mindfulness: Unhurry Book Eddie Reynolds, Lara Bryan, Alice James, 2025-02-04 Now breathe...and relax. This write-in activity book is all about taking a little time to breathe, focus and be calm, with the help of some friendly sloths. Try a spot of yoga, color in soothing squiggles or go on a sense safari - take a quiet moment, just for you. With links to Usborne Quicklinks with specially selected websites for more relaxation activities.

a sloths guide to mindfulness: Mindful Me: Exploring Emotions: a Mindfulness Guide to Dealing with Emotions Paul Christelis, 2019-09-26 Everyone notices the weather outside, right? But did you realise that weather occurs inside of you too? In fact, it is here right now... It's a hot and sunny Sports Day, but Abu's internal weather is different. He is feeling nervous and scared. For Abu, feeling nervous is like watching a storm approaching: it can be scary. Manisha's weather is different. She feels angry. Anger is like a burning, hot sun. Kenton feels sad. For Kenton, sadness feels like a grey, drizzly day that seems to last forever. But they all soon discover that emotions are like the weather, changing throughout the day. Sometimes the weather feels pleasant; when we feel happy, relieved or excited. And sometimes it feels unpleasant; when we feel anger, sadness or frustration. But we don't have to worry about getting stuck with unpleasant emotions because, just like the weather outside, the weather inside will change too. This book teaches readers to enjoy the pleasant feelings when they are present, and remember that the unpleasant ones will pass. The four stories in the 'Mindful Me' series explore how a mindful attitude to life can enhance enjoyment, promote a sense of calm and confidence, and provide young people with a 'friend for life'. In this book, children are gently guided into mindfulness exercises that encourage an exploration of emotions. Mindfulness can help us to improve concentration, calm unpleasant emotions, and even boost our immune systems. The books can be used at home or in the classroom, for storytime or as part of the PSHCE curriculum. The other titles are: *Breathe by Breathe: A Mindfulness Guide to Keeping Calm* It's Beautiful Outdoors: *A Mindfulness Guide to Noticing Nature* Sleep Easy: *A Mindfulness Guide to Getting a Good Night's Sleep*

a sloths guide to mindfulness: Rainforest Calling Twinkl Originals, 2021-11-30 If a tree falls in the rainforest and no one is around to hear it, does it make a sound? When Daisy's teacher gives her special permission to log on to webcams in South America and learn all about the rainforest, she knows that she's been offered a once-in-a-lifetime experience. What she doesn't expect is an unlikely video-caller with a very serious problem! Follow Pedro the potoo as he explores each layer of the Amazon rainforest. Can he get through to the humans who are destroying his home before it is too late? Will Daisy answer the animals' cry for help? The rainforest is calling... Download the full eBook and explore supporting teaching materials at www.twinkl.com/originals Join Twinkl Book Club to receive printed story books every half-term at www.twinkl.co.uk/book-club (UK only).

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a sloths guide to mindfulness: Sloth to the Rescue Leanne Shirtliffe, 2019-10-15 Sloth and friends teach kids how to combat first-day-of-school shyness in this humorous and heartfelt picture book. At the Rainforest Rescue Center, Sloth loves when Patti comes to visit. But when Patti forgets her class report, it's up to Sloth, with the help of his other (faster) rain-forest friends, to return Patti's notebook to her-at school! Will they be able to find her among all the other kids in a new environment? The first day of school can be scary-especially if you forget your summer assignment-but in *Sloth to the Rescue*, Sloth, Peccary, Boa, Capuchin, and Ocelot overcome their fears and realize that what makes them unique is what helps them fit right in!

a sloths guide to mindfulness: *Hey AdmissionsMom* Carolyn Allison Caplan, 2019-03-15

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