



# Nurturing a Gentle Heart: Exploring spirituality with pre-schoolers

*Kristen Hobby*

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## **Nurturing a Gentle Heart: Exploring spirituality with pre-schoolers** Kristen Hobby

A revealing and hopeful guide on how to awaken and foster a child's sense of spirituality, *Nurturing a Gentle Heart: Exploring Spirituality with Preschoolers* by Kristen Hobby is a fascinating account of how to hone your child's inner voice and conscience. As affirming as it is provocative, the author illustrates that a child is never too young to begin learning about intuition, meditation, and their own spirituality. With a sure hand and impeccable timing, this book looks at the subtle and generous life of contemplation and deliberation as an alternative and necessary path. It is a quiet place away from the everyday hustle and bustle—a treasured place where the heart is serene; it is a safe and happy place to dream. Creating a restful shelter is paramount to a child's development, and in six manageable chapters the author shows parents and other caregivers the template in which to understand and convey the facets of the heart and mind to young children.

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