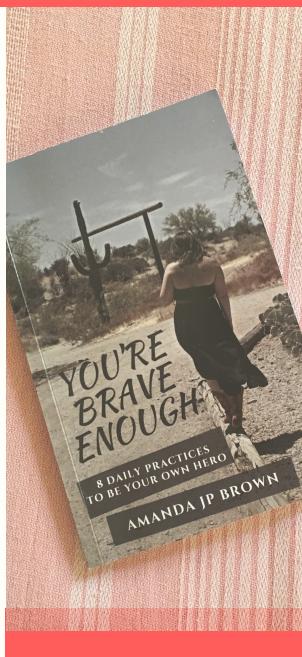
## BE YOUR OWN HERO: AN INTERVIEW WITH AMANDA JP BROWN REFLECTIONS

Favourite quotes from the book: "You're Brave
Enough, 8-Daily Practices to Be Your Own Hero".
What new practices can you implement into your
sessions with children/families to support them to
be their own hero?
1
2
3
What was your biggest insight from this interview?





with Divine Light Yoga