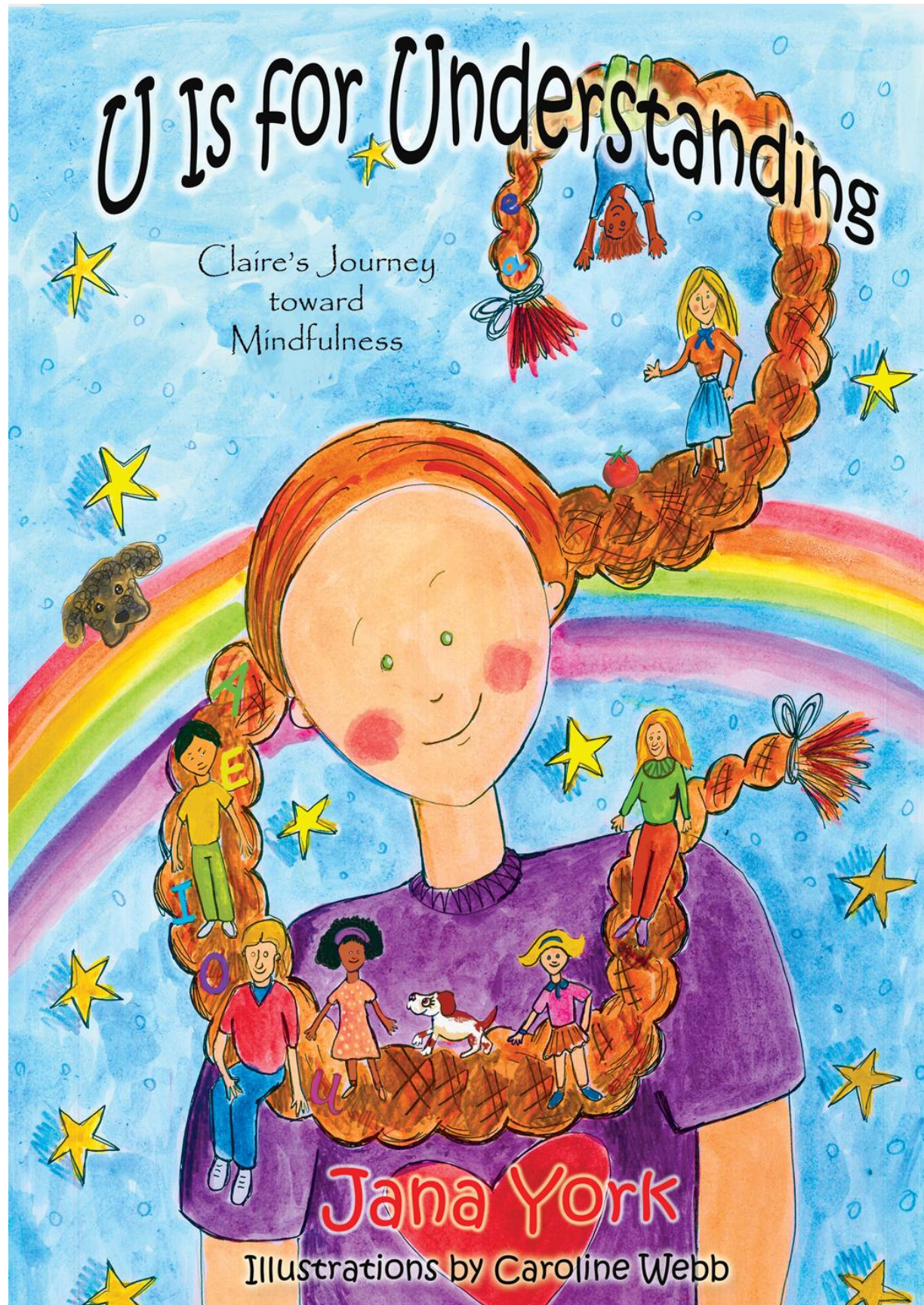


# U Is for Understanding

Claire's Journey  
toward  
Mindfulness



Jana York

Illustrations by Caroline Webb