

This book is dedicated to my granddaughters,  
Alice, Claire and Amelia.

**They are very special.**

**E.C**

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I dedicate this book to  
my parents

**M.H**

**When you turn the pages of this book  
you will learn how to become  
still and silent.**

**Even when the world around you is  
so noisy and busy and distracted,  
you, like Frankie,  
can choose another way of being  
and learn to be attentive.**

**By being still, really still  
and being silent, really silent,  
you will learn to just 'BE'.**

Just like  
**Frankie**

