



# Light at Play, Foundations for positive self-image and self-esteem

*Rachelle Thimote*

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Instilling wisdom and progressive thought at an early age is incredibly important, and this sort of profound message can come in many forms from the most fundamental visual message to deep, meaningful advice. Within the pages of *Light at Play: Foundations for positive self-image and self-esteem*, Rachelle Thimote touches on the basic themes that drive creativity, mental development, alternative thought, happiness, kindness and cognitive flexibility in children. Overall, *Light at Play* is a profound and strikingly beautiful book focusing on important elements that build personality, character and awareness in young children. Thimote could likely double the length of the book to expand its scope, as well as clear up some of the phrasing, but the book provides a wealth of information for children to learn from and enjoy.

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