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### **The Audiobook Shelf**

#### **Best of Broadway & Beyond**

##### **Pennie Sempell's Place**

c/o Brickman Marketing (publicity)  
395 Del Monte Center #250, Monterey, CA 93940  
\$15.95 each [www.healthierhappierlife.com](http://www.healthierhappierlife.com) 1-877-431-BEST

Children's entertainer, attorney and health practitioner Pennie Sempell presents The Best of Broadway & Beyond health series, which consists of three audiobooks on CD for children ages 3-8 and their parents. Each installment teaches listeners about health and wellness, enhancing its message with catchy tunes and home and classroom activities. "Fun Time, Relax Time: Focus on Health" (45 min.) teaches listeners why fun and relaxation are important to health, the positive effects of vitamins, food, proper sleep, and laughter, and how to handle stress. "Best Things in the are Free" (45 min.) is a singsong adventure about the value of happiness and mental well-being. Done in the style of a radio "call-in" program, "Best Things in Life are Free" encourages young people to discover the true treasures of friendship and a positive attitude, drawing upon such popular Hollywood classics as "When the Red Red Robin Comes Bob Bob Bobbin' Along" and more. "Love Songs For Our Children" (50 min.) concludes the trilogy with lessons on how to strengthen one's emotional and social well-being, including how to effectively communicate, the value of friends and family, basic meditation finger plays suitable for calming emotions, and more. All three are not only perfect for families to share, but also a welcome addition to public library audiobook shelves. Highly recommended.