

Caribbean Disaster Mitigation Project
Implemented by the Organization of American States
Unit of Sustainable Development and Environment
for the USAID Office of Foreign Disaster Assistance and the Caribbean
Regional Program



In the fall of 1998, the Caribbean Hotel Association (CHA) and the Caribbean Tourism Organization (CTO) produced a Hurricane Procedures Manual as a guidebook for tourist establishments in the Caribbean.

The Caribbean Disaster Mitigation Project supported the development of a chapter on 'Structural Vulnerability and Loss-Reduction Techniques' for inclusion in this manual.

Hurricane Procedures Manual

Table of Contents

THE CARIBBEAN HURRICANE EXPERIENCE

Acknowledgment

Letter from CHA

Letter from CTO

EXECUTIVE SUMMARY

HURRICANE CHARACTERISTICS

SECTION I: BEFORE THE HURRICANE STRIKES

SECTION II: DURING THE HURRICANE

SECTION III: RECOVERY AND RESTORATION

SECTION IV: STRUCTURAL VULNERABILITY AND LOSS-REDUCTION

TECHNIQUES

SECTION V: COMMUNICATIONS PLAN

SECTION VI: MANAGING YOUR INSURANCE COVERAGE

SECTION VII: FORMS

APPENDICES

The Caribbean Hurricane Experience

Hurricanes are a fact of life in the Caribbean (See [Appendix I](#)). Within the past nine years, from 1988 through 1997, several hurricanes have unleashed their fury on the islands of the Caribbean. Hurricanes David in 1979, Allen in 1980, Gilbert in 1988, Hugo in 1989 and Luis and Marilyn in 1995 caused significant damage to hotels in Dominica, St. Lucia, Jamaica, Montserrat, Antigua,

Hurricane Manuel Latest

K Morrison



Hurricane Manuel Latest:

Hurricane Manuel Latest Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Hurricane Manuel Latest**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

https://staging.conocer.cide.edu/book/uploaded-files/Download_PDFS/hamburger%20bahnhof%20berlin.pdf

Table of Contents Hurricane Manuel Latest

1. Understanding the eBook Hurricane Manuel Latest
 - The Rise of Digital Reading Hurricane Manuel Latest
 - Advantages of eBooks Over Traditional Books
2. Identifying Hurricane Manuel Latest
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hurricane Manuel Latest
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hurricane Manuel Latest
 - Personalized Recommendations
 - Hurricane Manuel Latest User Reviews and Ratings
 - Hurricane Manuel Latest and Bestseller Lists
5. Accessing Hurricane Manuel Latest Free and Paid eBooks

- Hurricane Manuel Latest Public Domain eBooks
- Hurricane Manuel Latest eBook Subscription Services
- Hurricane Manuel Latest Budget-Friendly Options
- 6. Navigating Hurricane Manuel Latest eBook Formats
 - ePub, PDF, MOBI, and More
 - Hurricane Manuel Latest Compatibility with Devices
 - Hurricane Manuel Latest Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hurricane Manuel Latest
 - Highlighting and Note-Taking Hurricane Manuel Latest
 - Interactive Elements Hurricane Manuel Latest
- 8. Staying Engaged with Hurricane Manuel Latest
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hurricane Manuel Latest
- 9. Balancing eBooks and Physical Books Hurricane Manuel Latest
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hurricane Manuel Latest
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Hurricane Manuel Latest
 - Setting Reading Goals Hurricane Manuel Latest
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Hurricane Manuel Latest
 - Fact-Checking eBook Content of Hurricane Manuel Latest
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Hurricane Manuel Latest Introduction

Hurricane Manuel Latest Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Hurricane Manuel Latest Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Hurricane Manuel Latest : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Hurricane Manuel Latest : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Hurricane Manuel Latest Offers a diverse range of free eBooks across various genres. Hurricane Manuel Latest Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Hurricane Manuel Latest Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Hurricane Manuel Latest, especially related to Hurricane Manuel Latest, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Hurricane Manuel Latest, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Hurricane Manuel Latest books or magazines might include. Look for these in online stores or libraries. Remember that while Hurricane Manuel Latest, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Hurricane Manuel Latest eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Hurricane Manuel Latest full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Hurricane Manuel Latest eBooks, including some popular titles.

FAQs About Hurricane Manuel Latest Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Hurricane Manuel Latest is one of the best book in our library for free trial. We provide copy of Hurricane Manuel Latest in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Hurricane Manuel Latest. Where to download Hurricane Manuel Latest online for free? Are you looking for Hurricane Manuel Latest PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Hurricane Manuel Latest. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Hurricane Manuel Latest are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Hurricane Manuel Latest. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Hurricane Manuel Latest To get started finding Hurricane Manuel Latest, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Hurricane Manuel Latest So depending on what exactly you are searching, you will be able to choose ebook to suit your own need.

Thank you for reading Hurricane Manuel Latest. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Hurricane Manuel Latest, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Hurricane Manuel Latest is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Hurricane Manuel Latest is universally compatible with any devices to read.

Find Hurricane Manuel Latest :

hamburger bahnhof berlin

~~handbook of chemical health and safety~~

handbook of breast surgery

~~hammond dinosaur atlas~~

~~handbook of medical imaging processing and analysis management~~

handbook of batteries and fuel cells

handbook of college teaching theory and applications

hamiltonian field theory in the radiating regime

~~handbags and halos~~

hand recovery after stroke exercises and results measurements

handbook of hazardous chemical properties

halo the fall of the reach

handbook of commonly used american idioms

handbook of living religion

hand of wisdom

Hurricane Manuel Latest :

all i ever wanted the story behind basshunter s breakout song - Jan 13 2023

web jul 14 2023 released as a single on 29 june 2008 basshunter s english language version all i ever wanted ironed out all the quirks of his earlier effort eschewing the video game talk for a straightforward song about desiring the love of another altberg turned it into a precision tuned global sensation which was picked up by dance kingpins

original west end cast of the prince of egypt all i ever wanted - Feb 14 2023

web apr 3 2020 all i ever wanted lyrics miriam moses spoken moses now that you re here you can t leave us again you must remember sung hush now my baby be still love don t cry sleep as you re

[all i ever wanted basshunter song wikipedia](#) - Jul 19 2023

web all i ever wanted is a song by swedish musician basshunter it is similar to his previous single now you re gone in that it is an english remake using music based on a previous basshunter track without any lyrical connection

[basshunter all i ever wanted hq youtube](#) - Sep 21 2023

web sep 19 2008 12m views 15 years ago all i ever wanted is track 2 from the basshunter album now you re gone out now on ultra records ultrarecords com for more songs like all i ever wanted follow

basshunter all i ever wanted official video ultra music - Oct 22 2023

web nov 10 2008 126m views 14 years ago buy the new album calling time here smarturl it basshunterct this is the second single from the unstoppable basshunter for more songs like all i ever wanted

[depeche mode enjoy the silence lyrics genius lyrics](#) - Aug 20 2023

web feb 5 1990 verse 1 words like violence break the silence come crashing in into my little world painful to me pierce right through me can t you understand oh my little girl chorus all i ever wanted

[basshunter all i ever wanted lyrics genius lyrics](#) - May 17 2023

web jun 29 2008 all i ever wanted lyrics all i ever wanted was to see you smiling i know that i love you oh baby why don t you see

2 basshunter all i ever wanted youtube - Jun 18 2023

web sep 18 2015 from basshunters now you re gone the album

[all i ever wanted wikipedia](#) - Mar 15 2023

web all i ever wanted album a 2009 album by kelly clarkson all i ever wanted tour a 2009 2010 tour to support the album all i ever wanted the anthology a 2014 album by kirsty maccoll

santana all i ever wanted lyrics genius lyrics - Apr 16 2023

web verse 1 well i told you bout your attitude it didn t do me any good because you took your love away left me here alone with all this lonely heartache there are places i remember where the

[amazon de kundenrezensionen das große cbd handbuch das umfangreichste](#) - Feb 02 2023

web finden sie hilfreiche kundenrezensionen und rezensionsbewertungen für das große cbd handbuch das umfangreichste handbuch zum cannabidiol wissenswertes zur anwendung zum wirkstoff zur wirkung und vielem mehr cbd richtig verstehen und anwenden auf amazon de lesen sie ehrliche und unvoreingenommene rezensionen

cbd das grosse cbd handbuch das umfangreichste ha pdf - Oct 30 2022

web jun 10 2023 cbd das grosse cbd handbuch das umfangreichste ha 1 6 downloaded from uniport edu ng on june 10 2023
by guest cbd das grosse cbd handbuch das umfangreichste ha when somebody should go to the book stores search
establishment by shop shelf by shelf it is in reality problematic this is why we provide the ebook

cbd hanfsamen kaufen und seeds für neue cannabinoide - Sep 28 2022

web die besten cbd hanfsamen welche seeds gibt es wie hoch ist der thc gehalt cbd gehalt bezugsquellen anbau pflege der
pflanzen

das große cbd handbuch das umfangreichste handbuch zum - Oct 10 2023

web das große cbd handbuch das umfangreichste handbuch zum cannabidiol wissenswertes zur anwendung zum wirkstoff
zur wirkung und vielem mehr cbd richtig verstehen und anwenden medic markus isbn 9781797959917 kostenloser versand
für alle bücher mit versand und verkauf duch amazon

cbd das grosse cbd handbuch das umfangreichste ha copy - Apr 23 2022

web handbuch der praktischen seefahrtskunde cbd Öl cbd handbuch für cannabidiol anfänger die cbd wahrheit der cbd
naturmedizin das große cbd handbuch hagers handbuch der pharmazeutischen praxis cbd dmso borax kolloidales silber das
große 4 in 1 handbuch

das große cbd handbuch das umfangreichste handbuch zum - Aug 08 2023

web feb 24 2019 cbd richtig verstehen und anwenden german edition medic markus on amazon com free shipping on
qualifying offers das große cbd handbuch das umfangreichste handbuch zum cannabidiol wissenswertes zur anwendung zum
wirkstoff zur wirkung und vielem mehr cbd richtig verstehen und anwenden german

das grosse cannabis lexikon alles über hanf als kulturpflanze - May 25 2022

web das lexikon besteht zur hälfte aus irgendwelchen synonymen von hanf oder cannabis die dann wieder auf andere
einträge verweisen außerdem fehlt es dem buch einfach an konsequenter information nicht empfehlenswert wer infos über
cannabis will ist im internet besser bedient dort gibt es eine große fülle an information

das grosse cbd handbuch das umfangreichste handbu - Mar 03 2023

web cbd Öl das cbd buch über die wirkung und anwendung von cannabidiol handbuch der pharmaceutischen praxis für
apotheker Ärzte drogisten und medizinalbeamte unter mitwirkung

cbd das grosse cbd handbuch das umfangreichste ha book - Aug 28 2022

web this cbd das grosse cbd handbuch das umfangreichste ha as one of the most committed sellers here will certainly be in
the middle of the best options to review biofuels and the sustainability challenge aziz elbehri 2013

cbd das grosse cbd handbuch das umfangreichste ha 2022 - Jul 07 2023

web cbd das grosse cbd handbuch das umfangreichste ha handbuch der gesamten arzneimittelhehre hagers handbuch der pharmaceutischen praxis für apotheker Ärzte drogisten und medicinalbeamte

cbd das grosse cbd handbuch das umfangreichste ha copy - Nov 30 2022

web apr 11 2023 cbd das grosse cbd handbuch das umfangreichste ha 2 5 downloaded from uniport edu ng on april 11 2023 by guest handbuch der speciellen praktischen arzneimittelhehre michael benedict lessing 1863 hagers handbuch der pharmazeutischen praxis georg frerichs 2013 03 08 dieser buchtitel ist teil des

cbd das grosse cbd handbuch das umfangreichste ha 2023 - Sep 09 2023

web cbd Öl das cbd buch über die wirkung und anwendung von cannabidiol vollständiges handbuch der neuesten erdbeschreibung von a c gaspari g hassel und j g f cannabich j c f gutsmuths f a ukert

cbd dosierung leicht gemacht jetzt individuell berechnen - Jun 25 2022

web jan 24 2020 da es verschiedene cbd produkte gibt variiert auch die dosierung je nach produkt wir haben die wichtigsten infos für das cbd Öl e liquids und kapseln zusammengefasst dosierung von cbd Öl die dosierung für cbd anländer ist gerade bei cbd Öl denkbar leicht vielleicht startest du deine cbd Öl erfahrung mit folgender

cbd das grosse cbd handbuch das umfangreichste ha 2022 - Jul 27 2022

web cbd das grosse cbd handbuch das umfangreichste ha handbuch der praktischen seefahrtskunde handbuch der theoretischen und practischen geometrie vollständiges handbuch der neuesten erdbeschreibung von a c gaspari g hassel und j g f cannabich j c f gutsmuths f a ukert handbuch der arithmetik geometrie

grundlagen der cbd dosierung so dosierst du cbd Öl richtig cbd ecke de - Mar 23 2022

web in der regel kann aber davon ausgegangen werden dass etwa 1 5 mg cannabidiol in einem 5 Öl circa 3 mg cannabidiol in einem 10 Öl rund 5 mg cannabidiol in einem 15 Öl ungefähr 6 mg cannabidiol in einem 20 Öl enthalten sind dabei ist ein guter startwert 1 5 bis 3 mg cannabidiol dies entspricht einem bis zwei tropfen cbd Öl 5

das große cbd handbuch das umfangreichste handbuch zum - Jan 01 2023

web jun 8 2023 das große cbd handbuch das umfangreichste handbuch zum cannabidiol wissenswertes zur anwendung zum wirkstoff zur wirkung und vielem mehr cbd richtig verstehen und anwenden by markus medic

das große cbd handbuch das umfangreichste handbuch zum - Apr 04 2023

web das große cbd handbuch das umfangreichste handbuch zum cannabidiol wissenswertes zur anwendung zum wirkstoff zur wirkung und vielem mehr cbd richtig verstehen und anwenden medic markus amazon fr livres

cbd das grosse cbd handbuch das umfangreichste ha 2023 - Jun 06 2023

web cbd das grosse cbd handbuch das umfangreichste ha cbd das grosse cbd handbuch das umfangreichste ha 1 downloaded from donate pfi org on 2021 03 13 by guest cbd das grosse cbd handbuch das umfangreichste ha when somebody should go

to the ebook stores search opening by shop shelf by shelf it is in point of fact

das große handbuch der kräuter und heilpflanzen taschenbuch amazon de - Feb 19 2022

web diams ein unentbehrliches hausbuch für naturheilkunde gesundheit und genuss 1000 kräuter und heilpflanzen im porträt von der heilkräftigen aloe bis zum schmackhaften zimt alle wichtigen arten mit ihren charakteristischen merkmale ihrer wirkung und anwendung mit mehr als 1000 detailgetreuen farbillustrationen

das große cbd handbuch das umfangreichste handbuch zum - May 05 2023

web das große cbd handbuch das umfangreichste handbuch zum cannabidiol wissenswertes zur anwendung zum wirkstoff zur wirkung und vielem mehr cbd richtig verstehen und anwenden medic markus amazon es libros

lolli and the meditating snail meditation adventures for kids - Sep 25 2022

web lolli and the meditating snail meditation adventures for kids book 4 audio download elena paige elena paige author s republic amazon com au books

listen free to lolli and the meditating snail meditation adventures - Apr 01 2023

web mar 16 2017 lolli and the meditating snail meditation adventures for kids volume 4 written by elena paige narrated by elena paige unabridged audiobook play free with a 30 day free trial add to cart 4 99 remove from cart give as a gift ratings book narrator release date march 2017 duration 0 hours 59 minutes

lolli and the meditating snail meditation adventures for kids - Oct 27 2022

web listen online to lolli and the meditating snail meditation adventures for kids volume 4 are you looking for creative ways to help your children process their emotions emotions are tricky and

lolli and the meditating snail meditation adventures for kids - Aug 05 2023

web oct 19 2016 amazon com lolli and the meditating snail meditation adventures for kids book 4 ebook paige elena kindle store

lolli and the meditating snail meditation adventures for kids - Nov 27 2022

web lolli and the meditating snail meditation adventures for kids book 4 ebook paige elena amazon com au kindle store

lolli and the meditating snail overdrive - Dec 29 2022

web oct 22 2016 the meditations are designed to boost confidence increase self esteem and improve your child s overall resilience and happiness three original guided meditations include lolli and the meditating snail lolli and the food fight lolli and the traveling circus get your copy now also available in audio book paperback and

lolli and the meditating snail meditation adventures for kids - Sep 06 2023

web lolli and the meditating snail meditation adventures for kids book 4 audiobook written by elena paige narrated by elena paige get instant access to all your favorite books no monthly

lolfi and the meditating snail meditation adventures for kids - Oct 07 2023

web oct 13 2016 *lolfi and the meditating snail meditation adventures for kids* paige elena on amazon com free shipping on qualifying offers *lolfi and the meditating snail meditation adventures for kids*

[*lolfi and the meditating snail meditation adventures for kids*](#) - Apr 20 2022

web compre *lolfi and the meditating snail meditation adventures for kids* book 4 english edition de paige elena na amazon com br confira também os ebooks mais vendidos lançamentos e livros digitais exclusivos

lolfi and the meditating snail overdrive - Feb 28 2023

web mar 16 2017 *lolfi and the meditating snail audiobook unabridged meditation adventures for kids* by elena paige find this title in libby the library reading app by overdrive search for a digital library with this title title found at these libraries sorry no libraries found please try searching again

lolfi and the meditating snail meditation adventures for kids - May 02 2023

web *lolfi and the meditating snail meditation adventures for kids* book 4 ebook paige elena amazon in kindle store

[*lolfi and the meditating snail meditation adventures for kids*](#) - Jun 22 2022

web *lolfi and the meditating snail meditation adventures for kids* book 4 english edition ebook paige elena amazon com mx tienda kindle

lolfi and the meditating snail by elena paige audible com - Jul 24 2022

web *lolfi s meditation adventures* help kids to be happy and make great choices *lolfi* helps kids with their emotions and feelings guiding them to deal with anger worry and fear perfect for creating a wonderful sleep routine with your children

lolfi and the meditating snail meditation adventures for kids - May 22 2022

web *lolfi and the meditating snail meditation adventures for kids* book 4 english edition ebook paige elena amazon es tienda kindle

[*lolfi and the meditating snail meditation adventu*](#) - Feb 16 2022

web kindly say the *lolfi and the meditating snail meditation adventu* is universally compatible with any devices to read magic triggers 1537 to enjoy peace with mindfulness and meditation nicholas mag the miracle in this book nicholas presents you a practical unique subliminal very simple detailed method of how to enjoy peace with

lolfi and the meditating snail by elena paige goodreads - Jan 30 2023

web oct 21 2016 *lolfi and the meditating snail* includes three cleverly crafted meditations designed specifically to promote healing and transformation while being incredibly fun and adventurous for the child

[*lolfi and the meditating snail meditation adventures for spotify*](#) - Jun 03 2023

web listen to *lolfi and the meditating snail meditation adventures for kids* book 4 on spotify

lolli and the meditating snail meditation adventures for kids - Jul 04 2023

web audiobook 0 00 free with your audible trial three new meditations that engage and entertain lolli comes from the land of color and speaks directly to children guiding them through stories that they themselves adventure on and feel a part of

lolli and the meditating snail meditation adventures for kids - Mar 20 2022

web lolli and the meditating snail meditation adventures for kids book 4 english edition ebook paige elena amazon de kindle shop

listen free to lolli and the meditating snail meditation adventures - Aug 25 2022

web the meditations are designed to boost confidence increase self esteem and improve your child s overall resilience and happiness three original guided meditations include lolli and the meditating snail lolli and the food fight lolli and the traveling circus get it