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how their heart pumps, their lungs breathe and how their brains are making sense of the world around them. Bear is on hand to lend support at every turn, through the good times as well as through times of illness or sadness.

Fin and Bear is published by Facts4Life. Facts4Life is a new way of thinking about our health which challenges commonly held beliefs about illness and builds resilience.

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This innovative new

children's book helps young

people to ride the ups and downs of

life and build confidence in looking after

their health. Through Fin, children can see