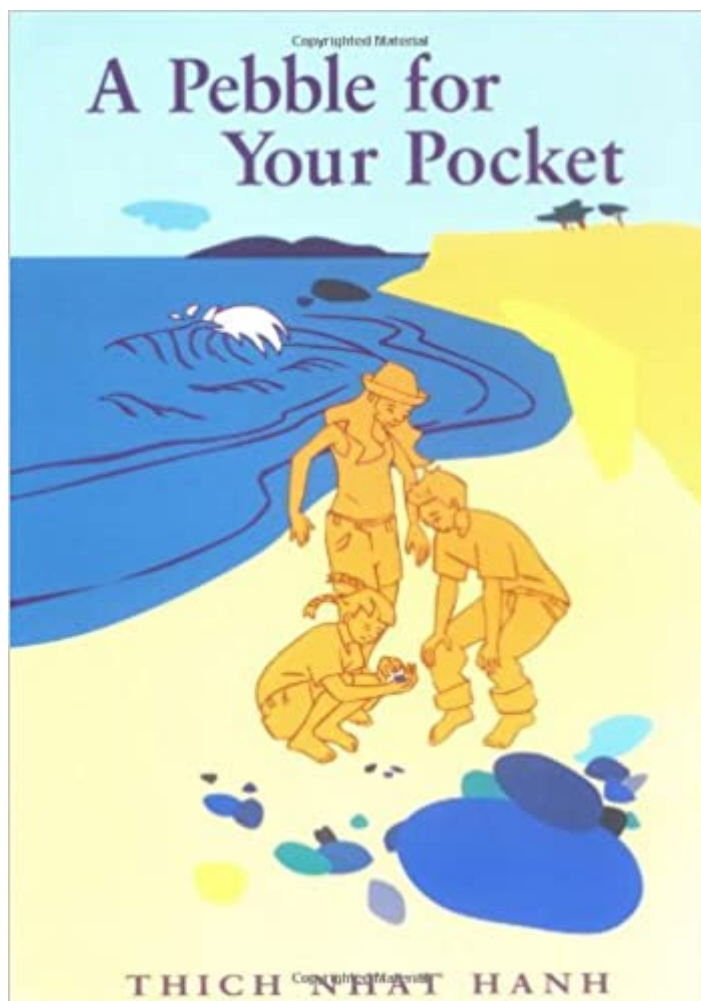


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A Pebble For Your Pocket



Synopsis

Through vivid metaphors, original allegories, and colorful stories, young people learn about handling anger, living in the present moment, and "interbeing";the interconnectedness of all things.Thich Nhat Hanh offers various practices that children can do on their own or with others that will help them to transform anger and unhappiness and reconnect to the wonders of nature, and the joy of living in the present moment. Beautiful illustrations are featured.

Book Information

Age Range: 8 - 12 years

Paperback: 56 pages

Publisher: Plum Blossom Books (February 1, 2002)

Language: English

ISBN-10: 1888375051

ISBN-13: 978-1888375053

Product Dimensions: 8 x 5.8 x 0.2 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.4 out of 5 stars 38 customer reviews

Best Sellers Rank: #1,957,457 in Books (See Top 100 in Books) #25 in Books > Children's Books > Literature & Fiction > Religious Fiction > Buddhist #960 in Books > Children's Books > Literature & Fiction > Religious Fiction > Other Religious Fiction #1934 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Social Skills

Customer Reviews

Children / Buddhism;A Pebble for Your Pocket is a gem from a true spiritual master.Using colorful stories and vivid metaphors, Thich Nhat Hanh presents the basic teachings of mindfulness in a way that can be easily understood by young people. Young readers will learn about handling anger, living in the present moment, and "interbeing";the interconnectedness of all things. This revised edition contains teachings and stories that the whole family can enjoy, as well as practices such as transforming anger in the family, instructions on how to invite the bell, breathing and sitting meditation, and finding the Buddha inside every one of us.THICH NHAT HANH is a Vietnamese Buddhist monk whose lifelong efforts to generate peace and reconciliation moved Martin Luther King, Jr. to nominate him for the Nobel Peace Prize in 1967. He lives in southwest France and travels regularly, leading retreats on the art of mindful living. He is the author of Being Peace, The Miracle of

Mindfulness, and many books for children. --This text refers to an alternate Paperback edition.

Thich Nhat Hanh is a Vietnamese Buddhist monk, poet, scholar, and human rights activist. He has been a professor at Columbia and the Sorbonne; founder of Saigon's Van Hanh Buddhist University; nominated by Martin Luther King, Jr. for 1967 Nobel Peace Prize; author of 100+ books, 40 in English, including Present Moment, Wonderful Moment and Being Peace. He lives at Plum Village in France.

I purchased this book to help me with planning a meditation class for children. I have used it several times and have LOVED it! The activities are simple and easily lends itself to further discussion with the children. I have found it to be appropriate for younger children as well as early teens. I would recommend any one using this with children to use actual rocks or pebbles this enhances the kinesthetic learning aspect of the activities and gives them something tangible to hold on to which increases memory. The message and method found in this book are well worth the purchase.

Bought this for my daughter. She enjoyed it but be prepared to answer questions about life and death and beyond. I recommend it to enlighten a child if you are a follower of Buddha.

This is a fantastic book to teach your kids about mindfulness, giving, calmness and more. I highly recommend this book to share with your children. My son was reluctant to read this at first but after sometime he began to realize the positive lessons he could learn. Unfortunately we lost our copy so I will be purchasing another one soon.

Ok so I just got the book despite the fact it said it was delivered yesterday. The book itself seems amazing. Perfect for a young boy struggling with pre puberty stress. I love it!!!!

The book is easy to read, easy to understand, and inspiring. Young and older people will find it useful and enjoyable.

This book has touched me deeply and given me wonderful insights on seeing life from new vantage points. Written by a great spiritual teacher, it is filled with very applicable concepts for adult and child alike to apply to their everyday experiences.

The paperback version of this book is a lovely book, and I would give it five stars! The content of the Kindle edition is less than half of the paperback edition! I don't understand why someone thought it wise to create an abridged version. BUY THE PAPERBACK!

Always find his writing thought provoking. These stories are at a level all can understand.

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