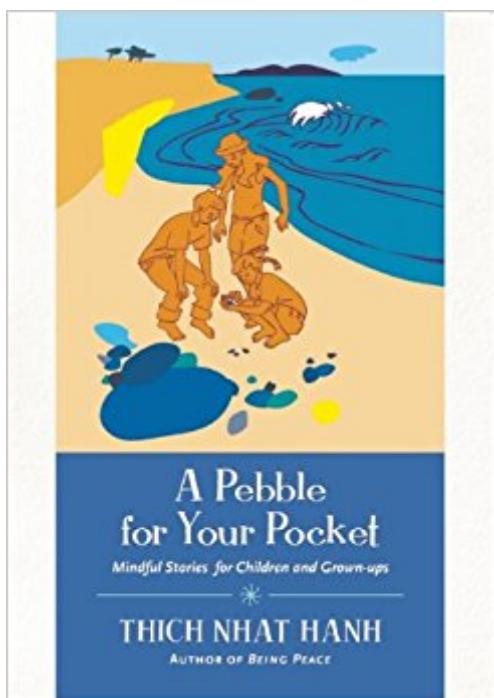


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A Pebble For Your Pocket: Mindful Stories For Children And Grown-ups



Synopsis

Drawn from Thich Nhat Hanh's Dharma talks given to young people, *A Pebble for Your Pocket* presents the basic teachings of the Buddha in accessible and modern language. Combining the stories and mediation practices from the previous edition of *A Pebble for your Pocket* with those collected in *Under the Rose Apple Tree* plus several new stories, this completely revised edition is written in a conversational style, and is comprised of Buddhist parables, and stories from the author's own childhood experiences. They elucidate principles of Buddhism and mindfulness practice, and give the young reader and their parents concrete advise on handling difficult emotions such as anger, from which the title - a pebble for your pocket - is taken. Written in a highly accessible style that doesn't rely on lot of jargon or difficult vocabulary requiring breaks for explanation, Thich Nhat Hanh emphasizes the importance of the present moment through vivid metaphors, original allegories, and colorful stories. Young readers will 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. 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, touching the Buddha inside, and others. This revised edition of *A Pebble for your Pocket* remains a unique and classic title in a market with few other substantial offering on this topic. It's teachings on spirituality and awareness are thought provoking on a child's level. This significantly expanded version includes all stories and practices previously published in *Under the Rose Apple Tree* plus 3 never before published stories. With 10 b/w illustrations by Philippe Ames and Nguyen Thi Hop. Ages 6-13. (Second graders and up)

Book Information

Paperback: 144 pages

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Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

Children / Buddhism;A Pebble for Your Pocket is a gem from a true spiritual master.â •#151;Parenting with Spirit magazineUsing 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 â#147;interbeingâ •#151;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.

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include Happiness and Peace Is Every Step. He lives in Plum Village in southwest France, where he teaches the art of mindful living. Philippe Amesâ was born in Berkeley, California. He works in the field of illustration and animation for companies of international reputations such as Colossal Pictures, Curious Pictures, and Wildbrain. He also teaches art to children. His illustrations have appeared in magazines, newspapers, greeting cards, and book covers including two previous Parallax Press childrenâ™s books. He lives near Lausanne, Switzerland.

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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