

A Pebble for Your Pocket: Mindful Stories for Children and Grown- ups

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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 advice 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 offerings on this topic. Its 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)

Children / Buddhism

"A Pebble for Your Pocket is a gem from a true spiritual master."

Parenting with Spirit magazine

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.

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 Ames 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 children's books. He lives near Lausanne, Switzerland.

Other Books

Dragon Keeper (*Dragon Keeper #1*),

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