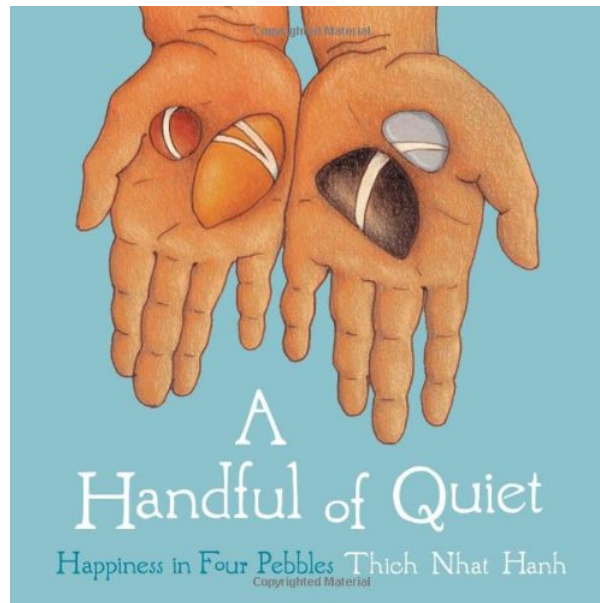
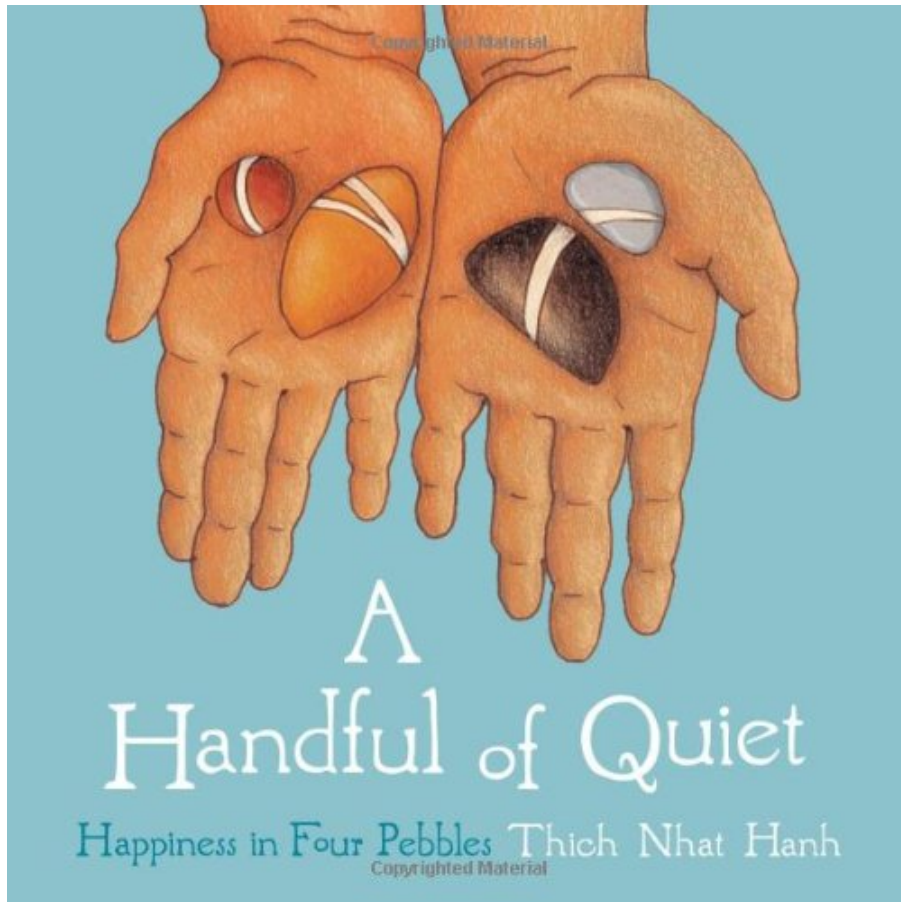


A HANDFUL OF QUIET: HAPPINESS IN FOUR PEBBLES BY THICH NHAT HANH



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Review

"A Handful of Quiet is a lovingly illustrated book that brings this meditation to life. All you'll need to practice it is a quiet spot and four ordinary pebbles." —Shambhala Sun

"For those times when you feel the need to give your children something more than your non-distracted attention, give them A Handful of Quiet. But first, take two handfuls for yourself." - Karen Maezen Miller author of *Momma Zen: Walking the Crooked Path of Motherhood*

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Kim John Payne M.ED. Author of *Simplicity Parenting*

"Utilizes the child's imagination and invites them to enter meditation with joy and delight. I highly recommend this little jewel of a book." Jacqueline Kramer author of *Buddha Mom*

Praise for A Pebble for Your Pocket:

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About the Author

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A Handful of Quiet presents one of the best known and most innovative meditation practices developed by Thich Nhat Hanh as part of the Plum Village community's practice with children. Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions.

A Handful of Quiet is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home, in a way that is meaningful and inviting. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation guide helpful. Children can also enjoy doing pebble meditation on their own.

Beautiful color illustrations by Wietske Vriezen, illustrator of *Planting Seeds* (ISBN-13: 978-1-935209-80-5) and *Mindful Movements* (978-1-888375-79-4).

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- 64 pages

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Most helpful customer reviews

119 of 120 people found the following review helpful.

Excellent

By LittleVoyages

This book helped me learn how to be calm in my space and to practice meditation. I am 8 years old.

62 of 64 people found the following review helpful.

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By Catherine B. Mann

What a thoughtful way to present meditation for kids. There is no religious overtones, just a sweet way of helping children to focus and value their world and themselves.

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Great introduction to meditation

By Amazon Customer

This book is an insightful way to introduce children (our grandchildren) to meditation. By using the rocks, the children have some ownership of the process. It is a clever way to engage the mind; in fact, Grandpa and I are doing it, too!

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