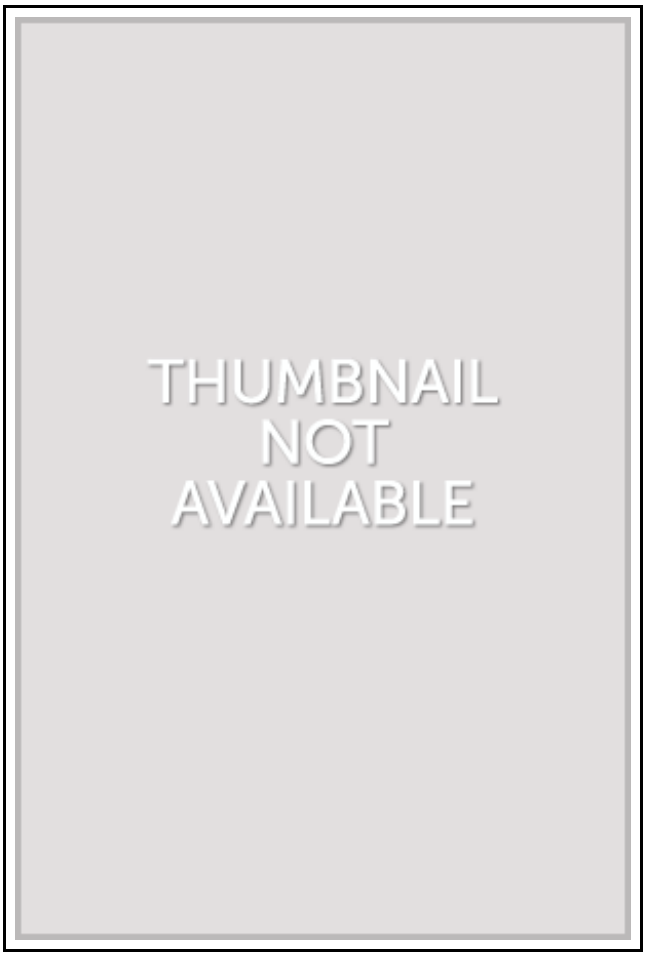
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Parallax Press. Paperback. Book Condition: New. Nguyen Thi Hop (illustrator). Paperback. 144 pages. Dimensions: 7.9in. x 5.7in. x 0.4in.Combining the stories and meditation practices from the previous edition of A Pebble for your Pocket with those collected in Under the Rose Apple Tree and several new stories, this completely revised edition is comprised of Buddhist parables and stories from the authors own childhood experiences. They elucidate principles of Buddhism and mindfulness practice, giving young readers and their parents concrete advise on handling difficult emotions like anger. Written in a highly accessible style that doesnt rely on lot of jargon or difficult vocabulary, this collection emphasizes the importance of the present moment through vivid metaphors, original allegories, and colorful stories. Young readers 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 item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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