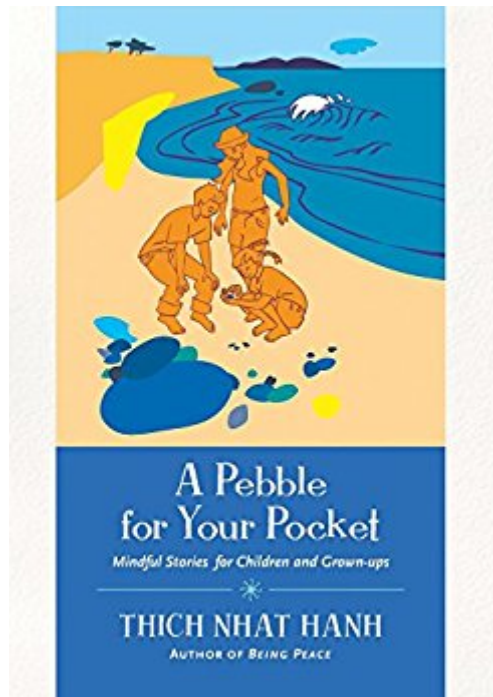


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# A Pebble For Your Pocket



## 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 meditation 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. 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

File Size: 4821 KB

Print Length: 144 pages

Publisher: Plum Blossom; Revised ed. edition (April 9, 2006)

Publication Date: April 9, 2006

Sold by: Digital Services LLC

Language: English

ASIN: B005X9BD7C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #459,897 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Children's eBooks > Religions > Eastern #32 in Books > Children's Books > Religions > Eastern #270 in Kindle Store > Kindle eBooks > Nonfiction > Children's Nonfiction > Religions

## **Customer Reviews**

My daughter (2) is a little young for this book yet, but I read it and think it is wonderful for children. If you have children about 6 or older who are having a difficult time or are angry about something, this book would be great. Even if your children are happy though, there are wonderful lessons here for everyone and that can help the world to become a more peaceful place.

While many children's books deal with fiction this book speaks of the reality of here and now. It is thought provoking on a child's level teaching spirituality and awareness. My six year old seems to enjoy listening to the stories.

This is a fun book that my daughter and I are reading together. She is 8 and I wanted to teach her some of the Buddhist precepts I find character building. She loves the stories.

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!

This little book is written in a conversational style, and is comprised of Buddhist parables, and stories from the author's own childhood experiences, all of which elucidate principles of Buddhism and mindfulness practice. Several concrete mindfulness practices are described, including one for handling difficult emotions such as anger, from which the title - a pebble for your pocket - is taken. This is not a picture book, so is probably best for 8-12 year olds and/or independent readers, although I did read some of the shorter stories to my almost five-year old, and she liked them.

I bought this book 4 years ago and used to read it to my kids, now they like to read it by themselves (9 and 6 years old). We always have interesting conversations regarding the stories. It is an excellent book to talk about morality in terms of consciousness and raising kids awareness of pain or sadness within or around them.

This charming little book, in which author Thich Nhat Hanh's warm voice tells deceptively simple (actually multilayered) tales of the Dharma, has something for children of all ages! I bought it to read to my grandchildren and find that I am loving it as much as they are. One of the many things of value that it offers is a simple introduction to mindfulness that children can understand and practice. Another plus is that the book is presented in 'bite sized' chapters and sections that are perfect for reading before bed. Most stories are accompanied by very sweet line drawings. It is more of a gem of a book than a pebble!

I have admittedly been resistant to reading books by TNH in the past, I thought "that is not really my style of zen" But then I saw a pebble in your pocket in the books recommended for children section. I picked this one out and I am quite impressed. This book makes for great bed time reading to my six year old girl and it hasn't got a whole lot of jargon or difficult vocabulary requiring breaks for explanation. Thanks TNH for creating the opportunity for me to change my mind.

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