



A Pebble for Your Pocket

By Thich Nhat Hanh

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A Pebble for Your Pocket By Thich Nhat Hanh

Through vivid metaphors, original allegories, and colorful stories, young people 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. Beautiful illustrations are featured.

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Editorial Review

From the Back Cover

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.

About the Author

Thich Nhat Hanh is a Vietnamese Buddhist monk, poet, scholar, and human rights activist. He has been a professor at Columbia and the Sorbonne; founder of Saigon's Van Hanh Buddhist University; nominated by Martin Luther King, Jr. for 1967 Nobel Peace Prize; author of 100+ books, 40 in English, including *Present Moment*, *Wonderful Moment* and *Being Peace*. He lives at Plum Village in France.

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"A Buddha is anyone who is awake - who is aware of everything that happens inside and around him or her, and who understands and loves deeply. If you are awake, if you are in the present moment, here and now, you too are a Buddha." -Thich Nhat Hanh

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