

Planting Seeds Practicing Mindfulness With Children

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Fear

Happy Teachers Change the World is the first official, authoritative manual of the Thich Nhat Hanh/Plum Village approach to mindfulness in education. Spanning the

whole range of schools and grade levels, from preschool through higher education, these techniques are grounded in the everyday world of schools, colleges, and universities. Beginning firmly with teachers and all those working with students, including administrators, counselors, and other personnel, the Plum Village approach stresses that educators must first establish their own mindfulness practice since everything they do in the classroom will be based on that foundation. The book includes easy-to-follow, step-by-step techniques perfected by educators to teach themselves and to apply to their work with students and colleagues, along with inspirational stories of the ways in which teachers have made mindfulness practice alive and relevant for themselves and their students across the school and out into the community. The instructions in *Happy Teachers Change the World* are offered as basic practices taught by Thich Nhat Hanh, followed by guidance from educators using these practices in their classrooms, with ample in-class interpretations, activities, tips, and instructions. Woven throughout are stories from members of the Plum Village community around the world who are applying these teachings in their own lives and educational contexts.

The Wise Heart

A guide to the transformative power of Buddhist psychology—for meditators and mental health professionals, Buddhists and non-Buddhists alike. You have within

you unlimited capacities for extraordinary love, for joy, for communion with life, and for unshakable freedom—and here is how to awaken them. In *The Wise Heart*, celebrated author and psychologist Jack Kornfield offers the most accessible, comprehensive, and illuminating guide to Buddhist psychology ever published in the West. Here is a vision of radiant human dignity, a journey to the highest expression of human possibility—and a practical path for realizing it in our own lives.

Mindfulness in Action

Taming the Tiger Within is a handbook of meditations, analogies, and reflections that offer pragmatic techniques for diffusing anger, converting fear, and cultivating love in every arena of life—a wise and exquisite guide for bringing harmony and healing to one's life and relationships. Acclaimed scholar, peace activist, and Buddhist master revered by people of all faiths, Thich Nhat Hanh has inspired millions worldwide with his insight into the human heart and mind. Now he focuses his profound spiritual wisdom on the basic human emotions everyone struggles with on a daily basis.

Growing Up Mindful

Embracing gardening as a spiritually enriching activity lovingly reconnects us to nature everyday—this beautifully illustrated little book reminds us how to do it. Rooting each blossoming thought in deep ecology and conscious living, we unearth the power inherent in mindfully lifting the soil; it lifts our souls as well. Mindful Thoughts for Gardeners sows a series of meditations about tending the Earth wholeheartedly. Author Clea Danaan explores the interconnectedness of nature in this carefully-crafted small volume that any green-fingered grower will want to dig into.

Addiction to Perfection

How to Love is the third title in Parallax's Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; deep listening and loving speech are key ways of showing our love. Pocket-sized, with original two color illustrations by Jason DeAntonis, How to Love shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents,

and more, *How to Love* includes meditations you can do alone or with your partner to go deep inside and expand your own capacity to love. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. *How to Love* is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, along with meditative practices that can expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation.

Happy Teachers Change the World

Moody Cow has a lot of angry thoughts after a frustrating day, but his grandfather sets up a Mind Jar with sparkles and shows him that just as the sparkles settle in the jar, Moody Cow's angry thoughts can settle through meditation.

Under the Rose Apple Tree

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 author's own childhood experiences. They elucidate

principles of Buddhism and mindfulness practice, giving young readers and their parents concrete advice on handling difficult emotions like anger. Written in a highly accessible style that doesn't rely on a 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.

The Mindful Child

Yes, there actually is a way to let everything become your teacher, to let life itself, and everything that unfolds within it, the "full catastrophe" of the human condition in the words of Zorba the Greek, shape your ongoing development and maturation. Millions have followed this path to greater sanity, balance, and well-being, often in the face of huge stress, pain, uncertainty, sorrow, and illness. In his landmark book, *Full Catastrophe Living*, Jon Kabat-Zinn shared this innovative approach, known as mindfulness-based stress reduction (MBSR), with the world. Now, in this companion volume, 100 pointers from that groundbreaking work have been carefully selected to inspire you to embrace what is deepest and best and most

beautiful in yourself. Whether you are trying to learn patience, cope with pain, deal with the enormous stress and challenges of the age we live in, improve your relationships, or free yourself from destructive emotions, thoughts, and behaviors, these deceptively simple meditations will remind you that you have deep inner resources to draw upon, the most important of which is the present moment itself. Regardless of your age or whether you are familiar with the healing power of mindfulness, this insightful, inspirational guide will help you to honor, embrace, learn from, and grow into each moment of your life. From the Trade Paperback edition.

The Art of Living

In *Is Nothing Something?* Zen Master Thich Nhat Hanh answers heartfelt, difficult, and funny questions from children of all ages. Illustrated with original full-color artwork by Jessica McClure, *Is Nothing Something?* will help adults plant the seeds of mindfulness in the young children in their lives. Beginning with the most basic questions, “What is important in life?” and “Why is my brother mean to me?” and progressing through issues that we all wrestle with, such as “How do I know if I really love somebody?”, “How long am I going to live?”, and “What does God look like?”, each page presents a question with a short answer from Thich Nhat Hanh, appropriate for beginning readers to work with on their own. The back of the book has the first complete children’s biography of Thich Nhat Hanh, along with basic,

kid-friendly instructions for mindful breathing and mindful walking. Both humorous and profound, *Is Nothing Something?* is the perfect resource for kids with questions, adults looking to answer them, and anyone with questions of their own.

Yoga Calm for Children

“A must-read for anyone interested in incorporating meditation into their lifestyle.”
--Sanjay Gupta, MD, chief medical correspondent for CNN
Heartfulness is an ideal, a spiritual way of living by and from the heart that is inclusive of all ideologies, beliefs, and religions. In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of a person’s faith. Our modern, fast-paced world can be an overwhelming place. Every day, we’re bombarded with messages telling us that in order to be happy, fulfilled, and worthy, we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartfelt instead? Based on Daaji’s own combination of approaches and practices for the modern seeker—which draws

from the teachings of Sahaj Marg, meaning “Natural Path”—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self within. While many books describe refined states of being, The Heartfulness Way goes further, providing a pragmatic course to experience those states for oneself, which, per the book’s guiding principle, is “greater than knowledge.” Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you’ll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

How to Love

Over the years, Thich Nhat Hanh and his monastic community in Plum Village, have developed more and more ways to integrate mindfulness practices into every aspect of their daily life. A few years back Thich Nhat Hanh began to develop gentle exercises based on Yoga and Tai Chi movements. Initially designed as mindful stretching breaks between long periods of sitting meditation, Mindful Movements became a popular tool to complement to sitting meditation extending Thich Nhat Hanh's trademark gentle approach to Buddhist teachings into a series

of physical movements. These movements enjoy a growing popularity amongst his students and have become integral part of his retreats. These simple and effective practices are meant to reduce stress and tension to help the practitioner gain the serenity he needs to return to a state of mindfulness. When done as part of a full mediation practice, these movements can address mental, emotional, and physical stress. Offered to the general public for the first time, the Mindful Movements have been lovingly illustrated by one of Thich Nhat Hanh's long-time practitioner, Wietske Vriezen. Drawn in a whimsical and immediately appealing style the booklet presents 10 routines that can be practiced by people of all ages and body types whether they are already familiar with mindfulness practices or not. The Mindful Movements are designed to be accessible to as many people as possible. Far from being another exercise program, Mindful Movements is for all those wanting to add a gentle but physical element to their meditation practice. They can be practiced before or after sitting meditation, at home, or at work - any time you have a few minutes to refresh your body and quiet your mind. For those new to meditation they are a great, non-threatening way to get acquainted with mindfulness as a complete and multi-faceted practice. For those who already have an established sitting practice Mindful Movements will come as a welcomed addition to their practice. With a foreword by Thich Nhat Hanh and Introduction by Jon Kabat-Zinn [TBC]

Child's Mind

Thousands of readers—from prisoners to priests—have embraced Jerry Braza's insights in this book, adopting and integrating the mindful practices and habits it presents. This new edition expands on the author's time-tested approach, introducing in-the-moment thinking and techniques for achieving clarity, focus and energy to a new generation of readers. Given the current uncertainty and changes throughout the world, all types of readers will find this guide to be useful—from those practicing mindfulness for the first time to meditation veterans. This practical guide to mindfulness contains reflections, actions and practices that will help you to:

- Reduce anxiety and stress
- Calm and quiet the mind
- Transform negative feelings and habits
- Intensify personal connections and relationships
- Heighten productivity and concentration
- Address unresolved emotional issues and traumas
- Discover the power of contemplative practice

This interactive book models best practices then invites the reader to participate through a Mindfulness Test, guided meditations, daily reflections and rituals, and thought-provoking and challenging questions and prompts to set readers on the path to more mindful living. Practicing mindfulness means performing all activities consciously. This awareness enables us to become more fully alive in each moment, enjoy more abundance, and avoid the stress and guilt that have been written into our habits. Based on the author's Mindfulness Training Program, Braza uses this book to gently provide simple exercises for applying these practices to our daily lives.

Sowing Seeds of Peace

The interest in teaching meditation to children is growing rapidly, as a number of recent stories in the mainstream media have documented. Child's Mind aims to teach parents and child professionals how to integrate mindfulness into their work with children and teach both young children and adolescents the basics of mindfulness and meditation. The book is a great resource for anyone who work with young people, including family coordinators at retreat centers, religious instructors in a range of traditions, teachers, therapists, and medical professionals. Child's Mind aims to teach children the power that comes with the comfort of just being, as well as the capacity to be, be aware, and be comfortable with oneself.

No Mud, No Lotus

Using the garden as a metaphor, The Seeds of Love offers a process for creating mindfulness. From a Buddhist perspective, everything affects our consciousness and enters metaphorically as a seed. This occurs through the development of the practice of mindfulness, and using its tools to maintain a state of awareness and openness to self and others. Readers interested in Zen Buddhism will learn how to nurture such seeds as compassion, joy and generosity and to use personal challenges such as jealousy, anger and self doubt as a means of growth. Using

precepts from many faiths and traditions, *The Seeds of Love* fosters the practice of using simple, basic actions to reach the best within ourselves and share it with those around us. It will be an invaluable guide to anyone seeking deeper and more conscious relationships.

Each Breath a Smile

Yoga.

A Handful of Quiet

"Children learn how to connect with their breathing to help them experience calmness and enjoy a deeper relationship with their friends, family and the world"--T.p. verso.

Taming the Tiger Within

The Art of Mindful Gardening explores the activity of gardening as an exercise for both body and mind. Ark Redwood, head gardener at Chalice Well, one of Britain's most sacred gardens, guides you through the changing seasons, expanding your knowledge of how to be conscious of the living and providing expert insight on

meditating in your natural environment. This book will be essential reading for those looking to add a mindful dimension to the experience of gardening.

Planting the Seeds of Equity

Easy, fun, and everyday Buddhism activities for kids With a busy schedule of school, sports, and time with family and friends, growing up can be stressful and confusing--but that confusion can transform into curiosity and excitement about the world and your place in it. Buddhism for Kids shows you how Dharma, or Buddhist principles, can help you find your center and feel more aware of the world around you. Using easy-to-follow meditations for kids, interactive projects, and illustrated versions of classic Buddhist stories, Buddhism for Kids makes learning Dharma easy and fun, categorizing each activity by Morning, Day, or Night so you can practice at your own pace. Buddhism for Kids includes: DIY Dharma--Explore your own Truths through fun games and creative activities based on the teachings of Buddhism. Stepping stones--Find relaxation with unique meditations you can do on the way to school, at lunch time, or right before bed. Anytime story--Follow along with imaginative, illustrated retellings of Buddhism stories--each including a short moral to reflect on. Make your own spiritual path with Buddhism for Kids, the kid-friendly guide to everyday peace of mind.

Letting Everything Become Your Teacher

Presents teachings, stories, and practices that are meant to help the reader "touch the Buddha inside."

Growing a Life

In troubled times, there is an urgency to understand ourselves and our world. We have so many questions, and they tug at us night and day, consciously and unconsciously. In this important volume Zen Master Thich Nhat Hanh—one of the most revered spiritual leaders in the world today—reveals an art of living in mindfulness that helps us answer life's deepest questions and experience the happiness and freedom we desire. Thich Nhat Hanh presents, for the first time, seven transformative meditations that open up new perspectives on our lives, our relationships and our interconnectedness with the world around us. Based on the last full talks before his sudden hospitalization, and drawing on intimate examples from his own life, Thich Nhat Hanh shows us how these seven meditations can free us to live a happy, peaceful and active life, and face ageing and dying with curiosity and joy and without fear. Containing the essence of the Buddha's teachings and Thich Nhat Hanh's poignant, timeless, and clarifying prose, *The Art of Living* provides a spiritual dimension to our lives. This is not an effort to escape

life or to dwell in a place of bliss outside of this world. Instead, this path will allow us to discover where we come from and where we are going. And most of all, it will generate happiness, understanding, and love, so we can live deeply in each moment of our life, right where we are.

Art of Mindful Gardening

Bringing together an inspirational group of educators, this book provides key insights into what it means to implement social justice ideals with young children. Each chapter highlights a teacher's experience with a specific aspect of social justice and ethnic studies, including related research, projects and lesson plans, and implications for teacher education. The text engages readers in critical dialogue, drawing from works within ethnic studies to think deeply about ideals such as humanization, representation, and transformation. Finding ways to integrate acceptance of difference and social justice content into the primary grades is a complex and challenging endeavor. These teacher stories are ones of courage and commitment, inspiring the possibility of radical change. Book Features: Guidance for teachers who want to teach for social justice, including lesson plans and strategies. Examples of what ethnic studies looks like in early childhood classrooms. Dialogue questions to prompt critical thinking and professional conversation. Windows into classrooms that foster valuing of self and respect for diversity of color, ethnicity, and gender. Activities to tap into personal

strengths and enrich teaching, including yoga and song. Connections to relevant research.

Planting Seeds

Zen Master Thich Nhat Hanh's key teaching is that through mindfulness, we can learn to live in the present moment and develop a sense of peace. Accessible to those new to Buddhist teachings as well as more experienced practitioners, *Happiness is the only book* that collects all practices adapted and developed by Thich Nhat Hanh in his more than 60 years as a Buddhist monk and teacher. With sections on Daily Practice, Relationships, Physical Practices, Mindful Eating, and Practicing with Children, *Happiness* is a comprehensive guide to living our daily lives with full awareness, whether we are working, eating, parenting, driving, walking, or simply sitting and breathing. Thich Nhat Hanh says, "Enjoy your practice with a relaxed and gentle attitude, with an open mind and receptive heart. Joy and happiness are available to you in the here and now."

Practicing Mindfulness

Everybody Present illustrates the transformative effects of mindfulness on educators, students, and their classrooms. Using concrete examples, Didde and

Nikolaj Flor Rotne present a mode of classroom engagement that reduces stress to make room for thoughtful learning. A working manual addressed to everyone in the educational universe, *Everybody Present* presents real-world applications grounded in solid research. Stories, exercises, and case studies demonstrate the effectiveness of mindful practices across all areas of education. By exploring the challenges of teaching, *Everybody Present* will help all educators transform feelings of inadequacy into experiences of abundance. *Everybody Present* seeks to create a new kind of culture in our schools: one that counters stress and facilitates learning. It reframes the student-teacher relationship, showing teachers how to supplant antagonism and foster strong relationships by planting seeds of mindfulness in their students and encouraging them to embark on a mindfulness practice of their own. *Everybody Present* is intended to contribute to the creation of a culture throughout the educational system writ large, working against stress and victim mentality to set in motion a revolution of silence, allowing each individual the experience of inter-being, inner calm, and joy.

Everybody Present

Based on the Plum Village retreat program through which families with children practice mindfulness, meditation and peaceful communication, a book-and-CD set outlines activities and curricula that can be incorporated into school and community settings to build supportive, mutually beneficial environments. Original.

Buddhism for Kids

The secret to happiness is to acknowledge and transform suffering, not to run away from it. In *No Mud, No Lotus*, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. *No Mud, No Lotus* introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.

Is Nothing Something?

In this essential and lucid book, author Bhante Kaboggoza Buddharakkhita offers

gentle anecdotes and practical exercises by describing theories and benefits along with various approaches as a means to learning the skills of meditation and mindfulness - becoming awake and fully aware. The author lays out gently progressive and practical guidelines that introduces newcomers to meditation, ranging from the general to more specific techniques for healing and self-development. In doing so, the book integrates the formal practice seamlessly with daily life mindfulness. As the author describes: "Meditation is not about the content of our lives; it's about how we relate to our daily experiences, whatever they may be. Meditation is about waking up and seeing clearly how we're doing, what we're doing, and why we're doing it. Meditation is a reality check." This manual is a great introduction for those curious about and interested in exploring mindfulness meditation and will make a highly useful tool for teaching beginner students.

Answers from the Heart

The American Psychological Association's 2014 survey on stress made an alarming discovery: America's teens are now the most stressed-out age group in the country. *Growing Up Mindful* shows parents and professionals alike how to model and teach the skills of mindfulness that will empower our youth for the rest of their lives with greater self-awareness, resiliency, and confidence. While many adults now understand how mindfulness practice helps us alleviate the stress and anxiety of our busy modern lives, getting a typical teenager on board is another story. Dr.

Christopher Willard draws on his work with hundreds of young children, tweens, and teens—along with countless hours training parents, teachers, and other counselors—to make the principles and practices of mindfulness accessible, entertaining, and cool for people of all ages and interests. Features dozens of exercises to incorporate mindfulness into daily life (in class, extracurricular activities, among peers), specific meditations and movement practices, compassion training, and more.

Teach, Breathe, Learn

Offers gardeners simple mindfulness verses used to enhance the body-mind connection, called gathas, to recite while going about their activities to help them cultivate their spiritual wellness along with their plants.

A Golden Civilization and the Map of Mindfulness

For many people, one key question prevents them from taking the next step in their personal development, the development of their spiritual practice, or their journey toward self-knowledge. Answers from the Heart collects 50 of these important and heartfelt questions posed to Thich Nhat Hanh by his students and participants in his retreats, along with his often surprising answers. The exchanges

are divided into six thematic sections — Daily Life, Living and Dying, Engaged Buddhism, Mindfulness Practice, Family and Relationships, and Children's Questions — and combine practical, immediately applicable suggestions with ideas for further study and contemplation. The questions are from all ages and interest groups and provide a lively glimpse into the connection between students and their teacher. Hanh's answers condense 2,500 years of Buddhist wisdom into individual answers that shine with clarity and that summarize his own remarkable insight based on a lifetime of practice.

The Heartfulness Way

Part engaging conversation, part comprehensive fieldwork, *Growing a Life* demonstrates just how influential educational and community gardening programs can be for young teens. Follow author Ill?ne Pevec as she travels from rural Colorado to inner city New York, agrarian New Mexico to Oakland, California, in order to study youth gardening and the benefits it contributes to at-risk teen lives. Extensive research, supplemented by beautifully candid interviews with students, illustrate the life altering physical and mental benefits that mentored gardening programs can provide. Giving readers the opportunity to examine the largely unexplored topic of urban gardening, the programs discussed present models for future educational and community based gardens. Each destination brings with it an abundance of programs geared toward educating teens by giving them the

tools they will need in order to have fruitful futures. With an emphasis on positive psychology, *Growing a Life* delves into the minds of underprivileged teens and what gardening means to them.

A Pebble for Your Pocket

Pebble meditation is a groundbreaking and completely unique technique to introduce children to the calming practice of meditation. Developed by Zen master, best selling author, and peace Nobel Prize nominee Thich Nhat Hanh *A Handful of Quiet* contains complete instructions for pebble meditation designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Whether practiced alone or with the whole family, pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions. 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).

Seeds of Love

The rewards of mindfulness practice are well proven: reduced stress, improved concentration, and an overall sense of well-being. But those benefits are just the

beginning. Mindfulness in action—mindfulness applied throughout life—can help us work more effectively with life’s challenges, expanding our appreciation and potential for creative engagement. This guide to mindful awareness through meditation provides all the basics to get you started but also goes deeper to address the questions that naturally arise as your practice matures and further insight arises. A distillation of teachings on the subject by one of the great meditation masters of our time, this book serves as an introduction to the practice as well as a guide to the ongoing mindful journey.

The Art of Communicating

Find peace and calm amid the busyness of your life with this new book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness practice, *Making Space* offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking meditations, and cooking and eating a meal in mindfulness. Whether you live alone or with a family, this beautifully illustrated book can help you create a sense of retreat and sanctuary at home.

Mindful Thoughts for Gardeners

In *Teach, Breathe, Learn*, Meena Srinivasan highlights how mindfulness can be an effective tool in the classroom. What makes this book truly unique is her perspective as a classroom teacher, wrestling daily with the conditions about which she writes. "Teach, Breathe, Learn provides accessible, practical application of mindfulness to overcome challenges faced during the school day." Testimonials from students and colleagues are woven throughout the book. *Teach, Breathe, Learn* is designed for educators at all levels, parents interested in sharing mindfulness with their children, and anyone curious about how to cultivate their own mindfulness practice and eventually teach mindfulness to others. Part 1 helps teachers develop compassion and shift from "reacting" to "responding" to demands. Part 2 offers techniques for cultivating loving-kindness, gratitude and seeing students, colleagues, and parents as oneself. The last section of the book introduces a curriculum teachers can use to incorporate mindfulness into their classroom, replete with lesson plans, handouts, and homework assignments.

Mindfulness in the Garden

"This book is about taking the head off an evil witch". A powerful study of the nature of the feminine in food rituals, dreams, mythology, body work, Christianity, sexuality, creativity and relationships.

Mindful Movements

Zen master Thich Nhat Hanh, bestselling author of *Peace is Every Step* and one of the most respected and celebrated religious leaders in the world, delivers a powerful path to happiness through mastering life's most important skill. How do we say what we mean in a way that the other person can really hear? How can we listen with compassion and understanding? Communication fuels the ties that bind, whether in relationships, business, or everyday interactions. Most of us, however, have never been taught the fundamental skills of communication—or how to best represent our true selves. Effective communication is as important to our well-being and happiness as the food we put into our bodies. It can be either healthy (and nourishing) or toxic (and destructive). In this precise and practical guide, Zen master and Buddhist monk Thich Nhat Hanh reveals how to listen mindfully and express your fullest and most authentic self. With examples from his work with couples, families, and international conflicts, *The Art of Communicating* helps us move beyond the perils and frustrations of misrepresentation and misunderstanding to learn the listening and speaking skills that will forever change how we experience and impact the world.

Happiness (EasyRead Super Large 18pt Edition)

This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

Moody Cow Meditates

“Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heart....Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now.” —Sogyal Rinpoche Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world—a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.—Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The New York Times said Hanh, “ranks second only to the Dalai Lama” as the Buddhist leader with the most influence in the West. In *Fear: Essential Wisdom for Getting through the Storm*, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives

Sitting Still Like a Frog

The techniques of mindful awareness have helped millions of adults reduce stress in their lives. Now, children—who are under more pressure than ever before—can learn to protect themselves with these well-established methods adapted for their ages. Based on a program affiliated with UCLA, *The Mindful Child* is a groundbreaking book, the first to show parents how to teach these transformative practices to their children. Mindful awareness works by enabling you to pay closer attention to what is happening within you—your thoughts, feelings, and emotions—so you can better understand what is happening to you. *The Mindful Child* extends the vast benefits of mindfulness training to children from four to eighteen years old with age-appropriate exercises, songs, games, and fables that Susan Kaiser Greenland has developed over more than a decade of teaching mindful awareness to kids. These fun and friendly techniques build kids' inner and outer awareness and attention, which positively affects their academic performance as well as their social and emotional skills, such as making friends, being compassionate and kind to others, and playing sports, while also providing tools to manage stress and to overcome specific challenges like insomnia, overeating, ADHD, hyper-perfectionism, anxiety, and chronic pain. When children take a few moments before responding to stressful situations, they allow their own healthy inner compasses to click in and guide them to become more thoughtful, resilient, and empathetic. The step-by-step process of mental training presented in

The Mindful Child provides tools from which all children—and all families—will benefit.

Making Space

George Kinder invites readers to imagine a thousand generations have passed and humanity has at last accomplished a Golden Civilization. What does it look like? Who are we there? Of all our systems and structures currently in place which of them got us there? And which of them were irretrievably heading in the wrong direction? He challenges readers to immediately abandon habits, structures, and systems that won't take us to a Golden Civilization and adopt those that will.

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