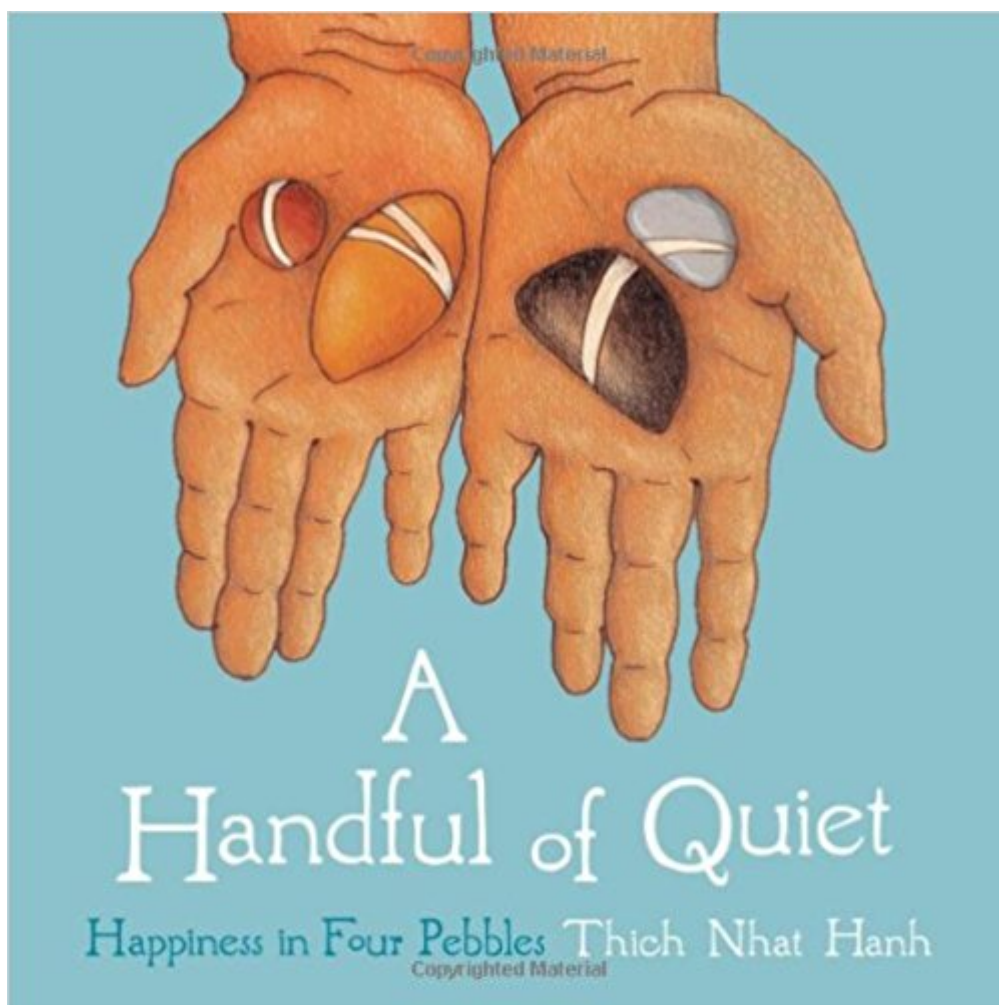




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A Handful Of Quiet: Happiness In Four Pebbles



Synopsis

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 a 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).

Book Information

Hardcover: 64 pages

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Product Dimensions: 6.2 x 0.6 x 6 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 159 customer reviews

Best Sellers Rank: #3,735 in Books (See Top 100 in Books) #8 in Books > Parenting & Relationships > Family Activities #37 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #83 in Books > Parenting & Relationships > Parenting

Age Range: 5 - 9 years

Grade Level: Kindergarten - 4

Customer Reviews

"A Handful of Quiet is a lovingly illustrated book that brings this meditation to life. All you 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* "In a world that often buzzes and booms at children, this book offers a genuine place of peace. In *A Handful of Quiet* Thich Nhat Hanh has crafted an oasis for the soul and spirit that will serve your child throughout life." 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*: "This book is a gem from a true spiritual master." • Parenting with Spirit

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Happiness and Peace Is Every Step*. He lives in Plum Village in southwest France, where he teaches the art of mindful living. Illustrator Wietske Vriezen was born in Wassenaar, The Netherlands. She met Thich Nhat Hanh during a retreat in Holland in 2000 and was touched deeply by his mindfulness teachings and practices. Since then, she has illustrated a number of books based on the teachings of Thich Nhat Hanh, most recently *Planting Seeds* and *Mindful Movements*. She lives in Rotterdam, The Netherlands where she works as a psychologist with gifted children.

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

A lot of books regarding mindfulness for children use animals as characters, which is cute and gets their attention, but doesn't actually teach students to be mindful. They're either thinking about a quiet frog or pig, and not noticing their own bodies. This book uses rocks and visuals such as "space" which are more abstract to help children find calm. I love the poems at the end. I used the rock meditation in my Kindergarten class and my students were so great at relating the images to their bodies and making them their own. We did the drawing activity, and the kids were drawing SILENTLY on their own! They were so into the activity that they voluntarily did not talk. They focused on their task intently, some even stopped to breathe as they worked.

Thich Nhat Hanh is a gifted author and teacher of being present and aware of all the goodness around us. This book can be used with children to teach his wonderful message.

What a delightful book. It is just as nice for adults as for children. I've been meditating for 20 years but decided to try this and was surprised how impactful it was for me. I keep my stones in my mala bag now. And of course, this is wonderful for teaching children about meditation.

I was surprised not to love this book. It's just so wordy! I expected more brief, concise worrying for elementary aged students.

I would give this book 7 stars if I could. My clients--young kids, teens, and adults--appreciate the beauty and simplicity in this structured mindfulness meditation. I've used it in conjunction with a crafty project of decorating the pebbles to cue the thoughts during the recitation.

Used this book during a meditation class - it's for kids, but works for us adults.

As an adult, I wanted an easy but meaningful meditation for early morning, and the pebble meditation provided this as a good foundation that I could expand on as I used it. I plan on using it the rest of my life.

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