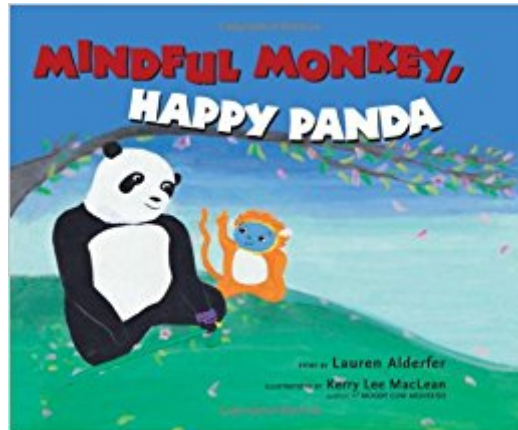




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# Mindful Monkey, Happy Panda



## Synopsis

This wonderful picture book for children and adults alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will delight all readers. As our story begins, Monkey is not so mindful - his Monkey Mind constantly jumping from one thing to another - but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it.

## Book Information

Hardcover: 32 pages

Publisher: Wisdom Publications (July 26, 2011)

Language: English

ISBN-10: 0861716833

ISBN-13: 978-0861716838

Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 70 customer reviews

Best Sellers Rank: #20,198 in Books (See Top 100 in Books) #30 in Books > Children's Books > Animals > Apes & Monkeys #41 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene #101 in Books > Children's Books > Animals > Bears

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

"Mindful Monkey, Happy Panda is designed to teach young readers the value of mindfulness. Although mindfulness is a practice especially advocated by Buddhism, Mindful Monkey, Happy Panda is intended for children of any religious faith or background, as it describes the idea in simple and secular terms. The bright, friendly illustrations bring this invaluable parable to vivid life. Highly recommended." (Midwest Book Review)"This beautiful story shows us all how to dwell peacefully and happily in the present moment." (Thich Nhat Hanh, author of Planting Seeds: Practicing Mindfulness with Children)"A great read!" (Mamma's Bacon Blog)

As an educator for over twenty-five years, Lauren Alderfer has taught all levels-from graduate

studies at SIT Graduate Institute in the USA, down to the first grade in US-based overseas schools. After living in India for over a decade, Lauren now divides her time between India and the Americas. Her ability to blend a Western perspective with the deep spirituality of the East invites educators to cultivate their inner lives in the daily act of teaching while developing mindfulness and compassion. Kerry Lee MacLean is the author and illustrator of several award-winning and best-selling picture books, including *Moody Cow Meditates* and *Peaceful Piggy Meditation*. Her latest book is *Moody Cow Learns Compassion*, and her next will be an activity book for parents and children of all ages, *The Family Meditation Workbook*. Kerry has been leading family meditative arts workshops in North America, Australia and Europe for 15 years. She is the mother of five young adults who still employ meditation as an important tool in their busy lives.

A great tool for teaching children what Mindfulness is, in a relatable way. "I walk, I work, I eat, I play, I rest..." Kids can relate with that because it lists the most basic things we all do. Then it talks about bringing your attention to the thing you are presently doing rather than the stress of "monkey mind" thoughts bouncing around. Cute illustrations too. We read this often.

This book is pretty cute, and I feel like it has helped the concept of mindfulness sink in a little more with my 4-year-old. That is, he UNDERSTANDS it. Practicing it is a different story. Update: My now 5-year-old actually PRACTICES mindfulness. It's amazing. I can't say that he learned it from me, since I struggle with the concept myself, so I attribute it to this book. :)

...those of us who are older and read stories to children, and those being read to will enjoy this book. It is a fine lesson and reminder of the very basics of mindfulness. The text is very simple, my 2 year old enjoys it, as does my 5 year old. It is non-denominational.

The simplicity of Mindfulness is often the most difficult aspect of it. This is not only true when trying to develop your own Mindfulness practice, but also when trying to explain Mindfulness to others. Adding kids to the mix creates an abstract ideal that is often times well over their developmental level of understanding. As a psychologist who teaches Mindfulness to children, I can say that this simple and straight forward book brings Mindfulness out of the esoteric realm of its Buddhist roots by making it logical and enjoyable for all ages. The children I read this book too not only enjoy it, but immediately begin linking its simple message to their own lives. I think it is a great book to read before going to bed or in the morning to start the day.

It is a great story.

This is a great story to help Children develop a present based philosophy. My daughter enjoyed the story. Well Played.

My yoga teacher read this book to our class. Useful for any age.

My three year old loves this book. The hidden ladybug was his favorite and when we talk about his day we go through the things in the book; did you read today? did you play today? etc. Totally recommend!

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