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# Buddha At Bedtime: Tales Of Love And Wisdom For You To Read With Your Child To Enchant, Enlighten And Inspire



## Synopsis

Many of today's children face challenges and obstacles far beyond what their parents ever imagined. These 20 thoroughly modern retellings of ancient Buddhist tales give parents a fun, low-pressure way to impart wisdom and moral guidance without preaching. Each story highlights a moral or ethical dilemma that echoes those that children face in their own lives, providing insight and enlightenment that they can use to defuse trying situations. At the conclusion of each story, applicable Buddhist principles are discussed. Featuring engaging characters, enthralling adventures, and modern language that speaks to today's kids, these beautifully illustrated stories can help children relieve stress, attain greater academic and social achievement, and enjoy a more positive outlook on life.

## Book Information

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Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

No matter your religious affiliation, or lack of, this book is FANTASTIC and can be read to ALL ages...really. Our girls are 4 and 5 and the 4 year old rarely has the attention span for many of the books our 5 year old does. But, since this book's stories are short, they are perfect for kids (and adults...my Mom liked it so much she bought one for herself!) and adults alike. At the end of the story, I gave each child a chance to think about and come up with a "moral" or something they learned from the story. They LOVED doing that, and though they didn't always actually get the one written in two sentences at the end, they came up with lots of other ideas that were ALSO in there.

GET THIS BOOK. For Christians that feel they should ONLY read things that teach "Christian" morals, you won't feel that this goes against ANY teachings in your faith. Its not a book of religion. It doesn't try to sell another faith at all. These are all really important, basic (but not so basic that they will annoy you. These are things that kids should hear frequently while developing what kind of person they want to be, and that development needs reinforcement for years and years and YEARS...and adults need this primer too as a reminder, or as an eye opener. I LOVE this book, and am on here to find more just like it. :)

We have a (pretty verbal) 3-year old, and this is perfect for her. Moving slightly away from all-picture books, this has just the right length stories, right mix of pictures and story, and each story has a moral which Buddha spells out at the end. (Or if you were uncomfortable with that, you could just say "The moral of the story is".) These prompt some nice bedtime conversations. Also there are enough stories in the book that we've been reading a different one every night for a month, so we aren't pounding our head against the wall when she picks this book up night after night. Each story has one (lovely) full-page illustration and is 1 1/2 - 2 1/2 pages long, borrowing small bits from the original illustration throughout. The stories are entertaining and most are new to us. The publisher does a few other similar books and we will definitely pick them up.

Buddha at Bedtime is simply lovely. I review many Buddhist books regularly, for adults and children, and this has become one of my favorites. It is also a favorite of my own children. Appropriate for children ages 4-10, this collection of bedtime stories is based on Buddhist Jataka Tales - a collection of folk tales originated in India, and used to relay ethical teachings to children. Many of these stories feature animals and magical creatures, and in Buddhist cultures are often performed through song and dance at festivals. Buddha at Bedtime retells some of these stories in contemporary words and style, and includes luminous anime-style pictures at the start of each story. Each story begins with the phrase "Relax, be very still, and listen", and ends with a summary of the 'lesson', such as this one at the end of the first story, 'The Brave Little Parrot': "Sometimes we can feel helpless when faced with a great challenge. A wise person knows that love and compassion can give them the courage to achieve things that they thought were impossible." Or this, from the end of 'Two Ducks and a Turtle': "All too often, we open our mouths in anger without thinking about what might happen next. A wise person thinks before they speak, and if they can't say something kind, they keep silent." For some parents, this might seem a little too morally heavy-handed, but personally I don't think it comes across that way in the book. The stories themselves are fun, and

the pictures and page accents so captivating that this book has become a favorite of my own children, and the lessons don't diminish their enjoyment one bit. All of the themes are very universal, which makes this book appropriate for both Buddhist and non-Buddhist parents and children. The book also includes a great and accessible introduction to Buddhism, including an overview of The Four Noble Truths, The Eightfold Path, and The Five Precepts. It offers suggestions for how to discuss the stories with your children, and guidelines for introducing some age-appropriate relaxation and meditation techniques. The book includes 20 stories, meant to be read aloud to children ages 4-10, but I think independent readers on the upper end of that spectrum or even older would enjoy reading them themselves. Overall, Buddha at Bedtime is a beautiful addition to any bedtime collection, and one that would probably stay a favorite in any household for many years.

Though this book is geared toward a higher age group, my three-year-old daughter and I just read the first story in the book and she really liked it. She also enjoyed the breathing exercise at the beginning of the book, and I think it got her relaxed and in the mood for a good bedtime story. My only confusion is the use of Hotei or Laughing Buddha in the place of the actual Buddha Shakyamuni. Oh well, it gave me a chance to explain who the "Laughing Buddha" was.

I bought this book to read to my children (girl age 4/boy age 6). It has become a classic that we have read again and again. This book has many different stories about 3-4 pages each. Each story has a moral that is relevant to all of us. For example there is a story called The Lion and the Jackal, at the end of this story the message is "Sometimes it is easy to let fear and jealousy cloud our judgment. A wise person knows that there is enough love in their heart to give every living creature in the world." As you can see there is nothing overly religious in this message that is why I would recommend this book to people of all religions. The messages appear light, but have hidden depth and resonance. This book has beautiful stories and breathtaking illustrations. Every night before bed we read one story from this book, even though my kids have them memorized they still want them again and again. This book is one that will stay with them for their whole lives. It is a gift for the soul.

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