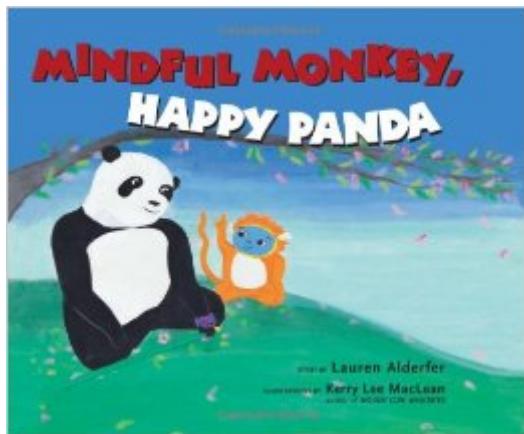


The book was found

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: 4.6 out of 5 starsÂ See all reviewsÂ (60 customer reviews)

Best Sellers Rank: #17,638 in Books (See Top 100 in Books) #36 inÂ Books > Children's Books > Animals > Apes & Monkeys #42 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene #95 inÂ Books > Children's Books > Growing Up & Facts of Life > Family Life > Values

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

Don't tell anyone, but I actually bought this for my wife :). She's the type of person that always feels she should be doing something else instead of what she is doing right now. Under the guise of it being a "bedtime story" for our children, she has now read it several times. The kids are also quoting it, so she's getting reinforcement that way too. Very smart, very practical book that every one should read over and over again. Highly recommended.

I bought this book for my son. I figured he likes pandas... and monkeys... and Mommy likes mindfulness. Ok Ok. I bought this book for me too. It is beautifully illustrated and written with style. I

have also read it to therapy clients (I am a therapist). I hope this book spreads like wildfire. It's simply perfect.

...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.

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. :)

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.

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!

Love this book, and I'm 40 years old! A great reminder to live in the moment no matter what age you are, and the drawings are adorable too. I highly recommend to anyone who wants to live a more mindful and peaceful existence!

I am a psychotherapist and mindfulness is an important part of my practice. Even though this is a children's book, my adult pt's love it. I read it to the group. The book is beautifully illustrated and I love the colors. In my opinion it is a good book for all ages.

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Panda Bear, Panda Bear, What Do You See? (Brown Bear and Friends) The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Savor: Mindful Eating, Mindful Life Happy, Happy, Happy: My Life and Legacy as the Duck Commander Be Happy & Color!: Mindful activities & coloring pages for kids Kung Fu Panda (I Can Find It) Little Panda: Finger Puppet Book (Little Finger Puppet Board Books) The College Panda's SAT Writing: Advanced Guide and Workbook for the New SAT The Lady and the Panda: The True Adventures of the First American Explorer to Bring Back China's Most Exotic Animal The College Panda's SAT Math: Advanced Guide and Workbook for the New SAT Goodnight, Panda: Russian & English Dual Text (Russian Edition) Goodnight, Panda: Japanese & English Dual Text (Japanese Edition) Panda Pants Happy Herbivore Holidays & Gatherings: Easy Plant-Based Recipes for Your Healthiest Celebrations and Special Occasions (Happy Hervibore)

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