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Peter the cow is having a BAD day.

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After missing the bus and wiping out on his bike he loses his temper and gets in trouble. And to make matters worse all the other kids are teasing him, calling him Moody Cow. Peter's day just seems to get worse until his grandfather comes over and teaches him how to settle his mind and let go

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of his frustration through a simple and fun exercise. This vibrant and funny children's book is a playful and hilarious way to introduce children to the power of meditation. With full color illustrations by the author Moody Cow Meditates is a wonderful book for parents and children to share

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together.

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

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through meditation.

It all started one stupid, rotten day when everything went wrong... Peter the cow is having a BAD day. After missing the bus and wiping out on his bike he loses his temper and gets in trouble. To make matters worse all the

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other kids are teasing him, calling him Moody Cow. Peter's day just seems to get worse until his grandfather comes over and teaches him how to settle his mind and let go of his frustration through a simple and fun exercise. This vibrant and funny children's book is a playful way to introduce

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children to the power of meditation. With full color illustrations by the author, Moody Cow Meditates is a wonderful book for parents and children to share together.

This delightful sequel to Moody Cow Meditates reintroduces us to Peter

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(aka Moody Cow) and meet his mischievous "boys-will-be-boys" friend Bully. Along the way we meet a snake named Jaws, who also goes on to appear in Peter's terrifying dreams, and watch as Bully revels in the deaths of the crickets he feeds the snake. Peter is uncomfortable with the

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plight of the little creatures, earning him a new nickname: "Coward Cow" because Bully thinks he's a wimp. Once again, Grandfather, the beloved old steer from Moody Cow Meditates, brings serenity and long-horned wisdom as he gently teaches to compassionately identify with other



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beings. And the story ends with everyone sharing a laugh - and even Jaws and the crickets are happy. This book also includes two activities - compassionate cricket release and compassionate worm rescue - for parents and children to do together.

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This book is specially designed in Amazon's fixed-layout KF8 format with region magnification. Double-tap on an area of text to zoom and read. What can you do when you're mad, sad, or anxious? Find a quiet spot, sit, and breathe. When you meditate every day, your mind stays happy, and

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even bad days are a little easier.

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

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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

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Monkey recognize the simple joy of doing what you're doing while you're doing it.

When Anh becomes angry and says hurtful things, his grandfather tells him to go to his room and sit with his anger, which allows Anh to feel better.

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Based on teachings about mindfulness and Buddhism by Thich Nhat Hanh, and includes a list of retreat communities that practice mindful living.

On an otherwise ordinary day, Elliot discovers something extraordinary:

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the power of mindfulness. When he asks his neighbor Carmen for a snack, he's at first disappointed when she hands him an apple - he wanted candy! But when encouraged to carefully and attentively look, feel, smell, taste, and even listen to the apple, Elliot discovers that this apple

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is not ordinary at all. Lushly and humorously illustrated, No Ordinary Apple makes a traditional technique for training mindfulness a fun and enjoyable way for children to learn to slow down and appreciate even the simplest things.



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A cleverly designed book that teaches children to recognize and handle their thoughts and emotions--with interactive pages. Young children have strong emotions, but often are unsure of how to articulate and handle them. Just Me and My Mind aims to help kids recognize their

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emotions and thoughts -- and then act accordingly. The book includes interactive pages of emotions (happy, scared, sad, loving, angry). The reader pulls an image of the emotion from the mind of the child, helping the reader to understand why emotions might arise. The book continues by

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illustrating how children can "clean out and settle" their minds with quiet contemplation.

"A joyous spirit pervades this picture book and its fallible yet lovable protagonist." — Booklist (starred review) "I win! I ' m the best!" Dog

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boasts. He can run faster than Mole, dig better than Goose, swim faster than Donkey, and he ' s much bigger than Ladybug. He wins! Unfortunately, Dog ' s nonstop bragging is starting to make his friends feel kind of sad. But what if they mixed things up and looked at them differently? Could they

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teach Dog a lesson — and remind him  
of what it means to be a best friend?

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