

## The Calm Buddha At Bedtime: Tales Of Wisdom, Compassion And Mindfulness To Read With Your Child

*Become a calmer and happier mother with Buddhism for Mothers. 'This is an excellent, practical guide to everyday Buddhism not just for mothers, but for everyone who has ever had a mother. ' Vicki Mackenzie, author of the bestselling Why Buddhism Parenthood can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. Buddhism for Mothers explores the potential to be with your children in the all-important present moment; to gain the most joy out of being with them. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Naphthali offers ways of coping with the day-to-day challenges of motherhood. Ways that also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering Buddhism for Mothers can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents. Even if exploring Buddhism at this busy stage of your life is not where you thought you'd be, it's well worthwhile reading this book. It can make a difference.*

*Some of the greatest of life's adventures can happen while you're sound asleep. That's the promise of lucid dreaming, which is the ability to alter your own dream reality any way you like simply by being aware of the fact that you're dreaming while you're in the midst of a dream. There is a range of techniques anyone can learn to become a lucid dreamer—and this book provides all the instruction you need to get started. But B. Alan Wallace also shows how to take the experience of lucid dreaming beyond entertainment to use it to heighten creativity, to solve problems, and to increase self-knowledge. He then goes a step further: moving on to the methods of Tibetan Buddhist dream yoga for using your lucid dreams to attain the profoundest kind of insight.*

*Growing up in the modern world, our children have to cope with ever-increasing amounts of stress, which can hinder their development. The ancient wisdom of Buddhism, with its emphasis on peace, love and compassion, is the ideal basis for helping any child to face these challenges with inner confidence and calm. Building on the age-old art of storytelling, this beautiful book re-tells 20 ancient Buddhist tales in a way that is thoroughly fun and accessible to children. Featuring superb, full-page illustrations, the stories will transport kids into an imaginary world of enlightenment and discovery where they will meet delightful characters and discover an easy-to-understand Buddhist message—one that will help them think about how they can apply values such as patience, perseverance, honesty and generosity to their own lives.*

*Designed to be read aloud by a parent or read by older children on their own, these compelling narratives provide a pleasurable, soothing transition into sleep.*

*A magical meditation on the powerful idea that we are connected to everything and everyone. Playful illustrations and funny, rhyming text show readers all of the many ways we are linked to every big, small, hairy, slimy, snuggly, scaly, floppy, flappy, bristly, buzzy, beautiful creature on Earth. “One of Bala Kids’s inaugural releases, this waggish picture book takes its title to heart, emphasizing readers’ connection to an eclectic roundup of people, objects, and phenomena.”—Publishers Weekly “Jason Gruhl invokes Dr. Seuss with some light rhyming and brings up everything that entrances children—tarantulas, slime, comets, you name it. Ignasi Font’s visually complex and incredibly funny illustrations (a blobfish that looks like Squidward?) will keep kids observing even on the hundredth read. The book is destined to become a dharma classic.”—Tricycle Everything is connected. And since you are part of everything, you are connected to everything: to pharaohs, Ben Franklin, T. Rex, ancient Greece, to love and to poverty, hunger and peace!*

*Tales of Inspiration and Delight for You to Read with Your Child - To Enchant, Comfort and Enlighten*

*Buddhist Art Coloring Book 2*

*Buddha's Book of Sleep*

*Finding Happiness in a Hurried World*

*Sleep Better in Seven Weeks with Mindfulness Meditation*

*101 Zen Stories*

*40 Activities, Meditations, and Stories for Everyday Calm, Happiness, and Awareness*

**Collection of traditional Buddhist tales following the Buddha through his various prior births.**

**A New York Times bestseller from the author of *Dusk, Night Dawn, Hallelujah Anyway, Bird by Bird, and Almost Everything*. Author Anne Lamott writes about the three simple prayers essential to coming through tough times, difficult days and the hardships of daily life. Readers of all ages have followed and cherished Anne Lamott’s funny and perceptive writing about her own faith through decades of trial and error. And in her new book, *Help, Thanks, Wow*, she has coalesced everything she knows about prayer to these fundamentals. It is these three prayers - asking for assistance from a higher power, appreciating what we have that is good, and feeling awe at the world around us - that can get us through the day and can show us the way forward. In *Help, Thanks, Wow*, Lamott recounts how she came to them and how they have helped, and explores how others have embraced these same ideas. Insightful and honest as only Anne Lamott can be, *Help, Thanks, Wow* is the everyday faith book that new Lamott readers will love and longtime Lamott fans will treasure.**

**Recounts the life of Prince Siddhartha, describing how he became Buddha as well as his spiritual beliefs and practices.**

**Around the beginning of the common era, Indian Buddhists began to collect fables, or jataka tales, illuminating various human virtues and foibles—from kindness, cooperation, loyalty and self-discipline on the one hand to greed, pride, foolishness, and treachery on the other. Instead of populating these stories with people, they cast the animals of their immediate environment in the leading roles—which may have given the tales a universal appeal that helped them travel around the world, surfacing in the Middle East as Aesop’s fables and in various other guises throughout East and Southeast Asia, Africa, Russia, and Europe. Author and painter Mark McGinnis has collected over forty of these hallowed popular tales and retold them in vividly poetic yet accessible language, their original Buddhist messages firmly intact. Each story is accompanied with a beautifully rendered full-color painting, making this an equally attractive book for children and adults, whether Buddhist or not, who love fine stories about their fellow wise (and foolish) creatures.**

**A Calm Approach to Caring for Yourself and Your Children**

**Stories and Advice to Help Your Child Discover Peace, Confidence, and Creativity**

**Buddhism for Kids**

**Buddhist Boot Camp**

**Everything Is Connected**

**Nightlights**

**The Adventures of Buddhist Boy**

Growing up in the modern world, our children have to cope with ever-increasing amounts of stress, which can hinder their development. The ancient wisdom of Buddhism, with its emphasis on peace, love and compassion, is the ideal basis for helping any child to face these challenges with inner confidence and calm. Building on the age-old art of storytelling, this beautiful book re-tells 20 ancient Buddhist tales in a way that is thoroughly fun and accessible to children. Featuring superb, full-page illustrations, the stories will transport kids into an imaginary world of enlightenment and discovery where they will meet delightful characters and discover an easy-to-understand Buddhist message - one that will help them think about how they can apply values such as patience, perseverance, honesty and generosity to their own lives. Designed to be read aloud by a parent or read by older children on their own, these compelling narratives provide a pleasurable, soothing transition into sleep.

Kiera Van Gelder’s first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships-all of which eventually led to doctors’ belated diagnosis of borderline personality disorder twenty years later. The Buddha and the Borderline is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman’s fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera’s eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera’s story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.

A Children’s Picture Book to teach kids about the Five Precepts, Five Mindfulness Trainings, and Buddha-nature. Teaching kids the moral foundation to succeed in life.

Winner of BEST BOOK OF THE YEAR from COVR (The Coalition of Visionary Resources), that recognizes the best new products in the New Age industry. Enlightened sleep practices for the modern mind. Buddha ’ s Book of Sleep is the first book to address sleep disturbances with techniques from mindfulness meditation. Yet this is a natural choice—mindfulness meditation has proven effective for psychological problems such as stress, depression, and anxiety, and these very issues are what become sleep problems when your head hits the pillow. Divided into two sections, the book approaches sleep deprivation with a combination of wisdom and practical meditation exercises. The first section explains why mindfulness meditation, with its basis in self-awareness, is appropriate for dealing with sleeping problems, and details the practices of this increasingly popular form of meditation. The second section features seven specific exercises to do at bedtime or in the wee hours of the morning, or whenever your sleeping trouble occurs. With a foreword by Thich Nhat Hanh. Providing a new perspective on why you cannot fall asleep even when you feel exhausted, and arming you with easy-to-use mindfulness meditation exercises, Buddha ’ s Book of Sleep will help you calm your hurried thoughts, and go from feeling always sleepy to getting the rest you need.

Buddhism for Children Level 1

Angels at Bedtime

Stories Buddha Told

The Day the Buddha Woke Up

A Children's Book on The Five Precepts and Five Mindfulness Trainings In Buddhism. Teaching Kids The Moral Foundation To Succeed In Life.

Tales of Love and Wisdom for You to Read with Your Child to Enchant, Enlighten and Inspire

The Three Essential Prayers

The heart of the Buddha’s story in a handful of words—beautifully illustrated by a world-renowned artist. The Day the Buddha Woke Up is a board book that will captivate children of all ages. It’s the perfect way to introduce young children to the story of the Buddha—the clear, gracefully written story puts the Buddha’s awakening into language children can understand. The simple arc of the Buddha’s questions, his quest, and his ultimate understanding will provide a meaningful and peaceful story that children—and their parents!—will love returning to again and again.

Relates the story of the madman who killed 999 people and how he was able to turn into a kind and compassionate person as a result of practicing Buddha’s teachings.

Age range 4 to 8 Lyrical text and luminous illustrations tell the story of Prince Siddhartha—from his time as a boy in the palace, to journeying in the world where he sees pain and suffering, to his meditation and enlightenment. A beautifully illustrated picture book about how Prince Siddhartha grows up to become the Buddha that teaches children (and the adults reading to them) about empathy, kindness, and finding peace in our lives.

Angels have the power to guide and protect us throughout daily life, and this collection of bedtime stories introduces their loving energy to your child. The tales are both magical and compelling with settings and characters sure to capture the imagination of every child. Offering a gentle introduction to the techniques of meditation and visuall...

It Rained All Night

Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation

Under the Bodhi Tree

Kids’ Questions and Zen Answers About Life, Death, Family, Friendship, and Everything in Between

Talk Thai

Help, Thanks, Wow

A Story of the Buddha

A very readable book about the life Of Siddhartha Gautama and his journey from birth to Buddha to death. Contains stories about his disciples, his parents and his wife and son.

A treasury of writings and teachings from the beloved Zen teacher Thich Nhat Hanh. Since Thich Nhat Hanh’s exile from his native Vietnam in 1966, this Zen Buddhist monk has gone on to become one of the most influential and beloved spiritual masters of our age. The seeming simplicity of his words belies the power of this teaching to touch the heart and mind and to inspire spiritual practice. These selections, taken from his many published works, together make up a concise introduction to all his major themes and distill his teachings on the transformation of individuals, relationships, and society. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Collects stories about fairies and magical creatures appreciating nature, in a book that also promotes the use of meditation for children.

Sacred art presented as coloring templates for contemplation and creativity—stunning and detailed artwork from the Tibetan Buddhist tradition. Drawing on his brush paintings in The Encyclopedia of Tibetan Symbols and Motifs and other works, Robert Beer has selected 50 images meant to be used as templates for coloring. The book features figures spanning centuries of the tradition, including spiritual adventurers, rebellious saints, and enlightened Tantric masters. The detailed artwork is elegant and meaningful—drawing on Buddhist teachings to give each piece greater depth.

I Once Was a Monkey

Is Nothing Something?

32 Animal Wisdom Tales from the Jataka

The Life of the Buddha

Tales of Love, Guidance and Support for You to Read with Your Child - to Comfort, Calm and Heal (16pt Large Print Edition)

My First Dharma Book

The Buddha and the Borderline

*Little known fact: Buddhist Monks are amazing at cleaning and tidying. In this one-of-a-kind guide to cleaning your home, Buddhist monk Shoukei Matsumoto reveals how to make your home as spotless as it is tranquil and peaceful. For Buddhist monks cleaning well is a cardinal skill and, in A Monk's Guide to a Clean House and Mind, readers will discover their never-before-shared cleaning pro tips. In the Zen Buddhist tradition, true enlightenment is impossible if your home has even a speck of dust and, as such, Buddhist monks have much to teach us lay people about achieving a truly Zen clean. A Monk's Guide to a Clean House and Mind features charming illustrations and step-by-step instructions on such essential household cleansing tips as: • First, Air It Out: Before cleaning anything Monk's first open the temple windows to purify the air and let the crisp morning breeze in. • Don't Procrastinate: 'Zengosaidan ' is a Zen expression meaning that one should put all their efforts into each day so they have no regrets. In the context of cleaning, this means don't put off cleaning those dishes you've left in the sink. • Remember to Put On Your Samue: Samue robes are worn by Japanese monks when they perform their daily duties of cleaning and looking after the temple. Easy to move in and to wash and care for, they are the perfect cleaning attire. From cleaning up everything from your kitchen sink, toilet, and that pile of unidentified stuff in the corner of your garage to your mind, body, and spirit, this book will guide you in creating a home environment that will calm your thoughts and nourish your soul.*

*On one side of the door, the rich smell of sweet, spicy food and the calm of Buddhist devotion; on the other, the strangeness of a new land. When Ira Sukrungruang was born to Thai parents newly arrived in the U.S., they picked his Jewish moniker out of a book of “American” names. In this lively, entertaining, and often hilarious memoir, he relates the early life of a first-generation Thai-American and his constant, often bumbling attempts to reconcile cultural and familial expectations with the trials of growing up in 1980s America. Young Ira may have lived in Oak Lawn, Illinois, but inside the family’s bi-level home was “Thailand with American conveniences.” They ate Thai food, spoke the Thai language, and observed Thai customs. His bedtime stories were tales of Buddha and monkey-faced demons. On the first day of school his mother reminded him that he had a Siamese warrior’s eyes—despite his thick glasses—as Aunty Sue packed his Muppets lunch box with fried rice. But when his schoolmates played tag he was always It, and as he grew, he faced the constant challenge of reconciling American life with a cardinal family rule: “Remember, you are Thai.” Inside the Thai Buddhist temple of Chicago, another “simulated Thailand,” are more rules, rules different from those of the Southside streets, and we see mainstream Western religion—“god people”—through the Sukrungruang family’s eyes. Within the family circle, we meet a mother who started packing for her return to Thailand the moment she arrived; her best friend, Aunty Sue, Ira’s second mother, who lives with and cooks for the family; and a wayward father whose dreams never quite pan out. Talk Thai is a richly told account that takes us into an immigrant’s world. Here is a story imbued with Thai spices and the sensibilities of an American upbringing, a story in which Ira practices English by reciting lines from TV sitcoms and struggles with the feeling of not belonging in either of his two worlds. For readers who delight in the writings of Amy Tan, Gish Jen, and other Asian-Americans, Talk Thai provides generous portions of a still-mysterious culture while telling the story of an American boyhood with humor, playfulness, and uncompromising honesty.*

*There was an old woman in China who had supported a monk for over twenty years. She had built a little hut for him and fed him while he was meditating. Finally she wondered just what progress he had made in all this time. To find out, she obtained the help of a girl rich in desire. “Go and embrace him,” she told her, “and*

then ask him suddenly: ‘What now?’” *The girl called upon the monk and without much ado caressed him, asking him what he was going to do about it. “An old tree grows on a cold rock in winter,” replied the monk somewhat poetically. “Nowhere is there any warmth.” The girl returned and related what he had said. “To think I fed that fellow for twenty years!” exclaimed the old woman in anger. “He showed no consideration for your need, no disposition to explain your condition. He need not have responded to passion, but at least he could have evidenced some compassion.” She at once went to the hut of the monk and burned it down. This Zen classic includes the following stories: 1. A Cup of Tea 2. Finding a Diamond on a Muddy Road 3. Is That So? 4. Obedience 5. If You Love, Love Openly 6. No Loving-Kindness 7. Annoucement 8. Great Waves 9. The Moon Cannot Be Stolen 10. The Last Poem of Hoshin 11. The Story of Shunkai 12. Happy Chinaman 13. A Buddha 14. Muddy Road 15. Shoan and His Mother 16. Not Far From Buddhahood 17. Stingy in Teaching 18. A Parable 19. The First Principle 20. A Mother’s Advice 21. The Sound of One Hand 22. My Heart Burns Like Fire 23. Eshun’s Departure 24. Reciting Sutras 25. Three Days More 26. Trading Dialogue For Lodging 27. The Voice of Happiness 28. Open Your Own Treasure House 29. No Water, No Moon 30. Calling Card 31. Everything is Best 32. Inch Time Foot Gem 33. Mokusen’s Hand 34. A Smile in His Lifetime 35. Every-Minute Zen 36. Flower Shower 37. Publishing the Sutras 38. Gisho’s Work 39. Sleeping in the Daytime 40. In Dreamland 41. Joshu’s Zen 42. The Dead Man’s Answer 43. Zen in a Beggar’s Life 44. The Thief Who Became a Disciple 45. Right and Wrong 46. How Grass and Trees Become Enlightened 47. The Stingy Artist 48. Accurate Proportion 49. Black-Nosed Buddha 50. Ryonen’s Clear Realization 51. Sour Miso 52. Your Light May Go Out 53. The Giver Should Be Thankful 54. The Last Will and Testament 55. The Tea-Master and The Assassin 56. The True Path 57. The Gates of Paradise 58. Arresting the Stone Buddha 59. Soldiers of Humanity 60. The Tunnel 61. Gudo and the Emperor 62. In the Hands of Destiny 63. Killing 64. Kasan Sweat 65. The Subjugation of a Ghost 66. Children of His Majesty 67. What Are You Doing! What Are You Saying! 68. One Note of Zen 69. Eating the Blame 70. The Most Valuable Thing in the World 71. Learning to Be Silent 72. The Blockhead Lord 73. Ten Successors 74. True Reformation 75. Temper 76. The Stone Mind 77. No Attachment to Dust 78. Real Prosperity 79. Incense Burner 80. The Real Miracle 81. Just Go to Sleep 82. Nothing Exists 83. No Work, No Food 84. True Friends 85. Time to Die 86. The Living Buddha and the Tubmaker 87. Three Kinds of Disciples 88. How to Write a Chinese Poem 89. Zen Dialogue 90. The Last Rap 91. The Taste of Banzo’s Sword 92. Fire-Poker Zen 93. Storyteller’s Zen 94. Midnight Excursion 95. A Letter to a Dying Man 96. A Drop of Water 97. Teaching the Ultimate 98. Non-Attachment 99. Tosui’s Vinegar 100. The Silent Temple 101. Buddha’s Zen*

*Building on the age-old art of storytelling, this beautiful book retells 20 ancient Buddhist tales in a way that will aid relaxation and prepare your child for sleep.*

*The Pocket Thich Nhat Hanh*

*Fairies at Bedtime*

*The Buddha’s Apprentice at Bedtime*

*When the Buddha Was an Elephant*

*A Monk’s Guide to a Clean House and Mind*

*My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and*

*Buddhism for Mothers*

*Practising Buddhist and master storyteller Dharmachari Nagaraja weaves a thrilling narrative spell while at the same time conveying basic life lessons that will help children to develop their personality, deal with their anxieties, and find peace and confidence as they grow up. The stories explore themes from the Eightfold Path, which is Buddhism’s practical route to a happy life. Topics covered, with the lightest of touches, include speaking in a kind and truthful manner, behaving with compassion, thinking selflessly and avoiding the pitfalls of egotism. Although providing gentle guidance on the art of living well, which is the basis of true happiness, each story is also compelling in its own right, featuring characters, settings and events that every child will find absorbing. Each narrative concludes with an affirmation that helps to draw out its positive message, while the superb, specially commissioned illustrations will delight your child and provide a starting-point for discussion and further enjoyment. The helpful introduction provides insights into the value of Buddhist principles for children and shows how visualisation, imaginative thinking and even first steps in meditation can help to nurture young minds and hearts.*

*A beautifully illustrated collection of classic Buddhist tales that will calm your child’s mind before bedtime—complete with a series of mindfulness meditations for kids and their parents Growing up in the modern world, our children have to cope with an ever-increasing amount of stress, which can feel worrying to both them and us. The ancient wisdom of Buddhism, with its emphasis on peace, mindfulness and compassion, is the ideal basis for helping any child face these challenges with inner confidence and calm. Building on the age-old art of storytelling, this beautiful book retells eighteen ancient Buddhist tales in a way that is thoroughly fun and accessible to children. Featuring original, full-page illustrations, the stories will transport children into imaginary worlds of enlightenment and discovery. Here, they will meet all sorts of delightful characters and discover easy-to-understand Buddhist messages that will empower them to think about how they can apply values such as patience, honesty, authenticity and generosity in their own lives. Designed either to be read aloud by parents to their 4–8-year-olds, or to be read by the older age range on their own, these compelling narratives help to focus and calm the mind, providing a soothing transition into sleep. The selection of gentle mindfulness meditations at the end provides an extra practical dimension that can be used at any time to help enhance a sense of a calm and contentment.*

*Includes “issues index.”*

*A Children’s Picture Book To Teach The 10 Merits Of The World-Honored One And The 4 Muni Qualities In Shakyamuni, With Life Examples Showing Kids How To Develop These Traits*

*Dreaming Yourself Awake*

*The Tibetan Yogas of Dream and Sleep*

*Meditation for Kids in Seven Easy Steps*

*The Story of Angulimala*

*Buddhism for Children Level 2*

*A Children’s Picture Book Showing Kids How To Develop Mindfulness, Patience, Compassion (And More) From The 10 Merits Of The World-Honored One And The 4 Muni Qualities In Shakyamuni*

*The Calm Buddha at Bedtime*

*In Is Nothing Something? Zen Master Thich Nhat Hanh answers heartfelt, difficult, and funny questions from children of all ages. Illustrated with original full-color artwork by Jessica McClure, Is Nothing Something? will help adults plant the seeds of mindfulness in the young children in their lives. Beginning with the most basic questions, "What is important in life?" and "Why is my brother mean to me?" and progressing through issues that we all wrestle with, such as "How do I know if I really love somebody?", "How long am I going to live?", and "What does God look like?", each page presents a question with a short answer from Thich Nhat Hanh, appropriate for beginning readers to work with on their own. The back of the book has the first complete children’s biography of Thich Nhat Hanh, along with basic, kid-friendly instructions for mindful breathing and mindful walking. Both humorous and profound, Is Nothing Something? is the perfect resource for kids with questions, adults looking to answer them, and anyone with questions of their own.*

*The Buddhist Jataka tales are simple lessons in living with honesty, wisdom, and compassion that contain the power to transform the hearts and minds of those who hear them. They are stories of the Buddha’s past lives—in such forms as a boar, a parrot, a monkey, or a peacock—that have enchanted children and adults for millennia. Their animal characters powerfully and sometimes humorously demonstrate the virtues and foibles to which we humans are prone, and they point the way to more enlightened ways of living. Mark McGinnis retells the Jatakas in poetic and accessible language, rendering the Buddhist teachings they contain abundantly clear. Each tale is brought to life by Mark’s full-color illustration, making the book a visually stunning entrée to this edifying and highly entertaining literary tradition.*

*In the Tibetan tradition the ability to dream lucidly is not and end in itself rather it provides as additional context in which one can engage in advanced and effective practices to achieve liberation. Dream yoga is followed by sleep yoga also known as the yoga of clear light. It is a more advanced practice similar to the most secret Tibetan practices. The goal is to remain aware during deep sleep when the gross conceptual mind and the operation of the senses cease.The result of these practicas is greater happiness and freedom in both our waking and dreaming states.*

*“In the full bloom of spring, in a beautiful garden, in a place called Lumbini, a prince was born.” So begins the extraordinary story of the life of Siddhartha Gautama, the prince who would become the enlightened Buddha, the Awakened One. This classic tale follows Prince Siddhartha’s journey of truth-seeking and discovery, including his life-altering encounters with human suffering and his realization of the Four Noble Truths. Today, millions of people all over the world follow the Buddha’s teachings on meditation, selflessness, and compassion. Rendered here in exquisite original watercolor illustrations, this inspiring story is brought to life for young readers curious about one of history’s most monumental and influential figures.*

*Tales of Wisdom, Compassion and Mindfulness to Read with Your Child*

*Buddhas, Deities, and Enlightened Masters from the Tibetan Tradition*

*Buddhism for Busy People*

*Sit with Me*

*The Story of Buddha*

*The Buddha in Me*

*Buddha at Bedtime*

*You can squat like a frog or lounge like a cat—but if you want to sit like a buddha, there are seven key steps for taking your seat. Sit with Me invites kids of all ages to learn meditation through playful rhymes and adorable illustrations. Justa Bug describes the seven-point meditation posture--from the top of the head to the bottom of the feet--in an easy and accessible way. With a spine straight like coins stacked on a plate and shoulders back like a vulture in flight, kids will learn the basics of sitting through encouraging verse. With a little practice, Sit with Me will help everyone in the family learn how to meditate easy and free.*

*Easy, fun, and everyday Buddhism activities for kids With a busy schedule of school, sports, and time with family and friends, growing up can be stressful and confusing--but that confusion can transform into curiosity and excitement about the world and your place in it. Buddhism for Kids shows you how Dharma, or Buddhist principles, can help you find your center and feel more aware of the world around you. Using easy-to-follow meditations for kids, interactive projects, and illustrated versions of classic Buddhist stories, Buddhism for Kids makes learning Dharma easy and fun, categorizing each activity by Morning, Day, or Night so you can practice at your own pace. Buddhism for Kids includes: DIY Dharma--Explore your own Truths through fun games and creative activities based on the teachings of Buddhism. Stepping stones--Find relaxation with unique meditations you can do on the way to school, at lunch time, or right before bed. Anytime story--Follow along with imaginative, illustrated retellings of Buddhism stories--each including a short moral to reflect on. Make your own spiritual path with Buddhism for Kids, the kid-friendly guide to everyday peace of mind.*

*A colorful introduction to Buddhist fables A monkey, caught in a monsoon, finds shelter in a cave amid the rubble of a temple. The monkey is not alone. A lion, a jackal, a turtle, and a dove bicker in the cramped space, until a statue of Buddha comes to life. "Hush, children, hush." Buddha says. "I will tell you a story to pass the time." From the tale of the clever monkey outwitting a hungry crocodile to that of a bird and turtle rescuing a friend, the six amusing parables told by the Buddha will introduce young readers to the famous cycle of fables in Buddhist literature known as the Jatakas, or birth stories, which Buddha originally told to his disciples to illustrate his teachings. Joined with stunning linocut illustrations, Jeanne M. Lee’s I Once Was a Monkey form a book notable for both its beauty and its wisdom.*

*In this simple and accessible but beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism, and shows us how he himself first began incorporating Buddhist practices into his daily life. What does it take to be happy? We’ve all asked ourselves this question at some point, but few of us have found the path to lasting fulfillment. David Michie thought he had achieved his life’s goals--the high-level job, the expensive city apartment, the luxury car, the great vacations--but a small voice was telling him he wasn’t really happy. A chance remark from a naturopath sent him to his local Buddhist center. There he began the most important journey of his life. In Buddhism for Busy People Michie explains how he came to understand the difference between the temporary pleasures of ordinary life and the profound sense of well-being and heartfelt serenity that comes from connecting with our inner nature.*

*Tales of Compassion and Kindness for You to Read with Your Child - to Delight and Inspire*

*Tales of Love and Wisdom*

*The Life of Buddha*

*A Treasury of Buddhist Wisdom for Children and Parents*

*Buddhist Animal Wisdom Stories*

*Kindness*

*Peaceful Piggy Meditation*

*Sometimes life seems like it’s all about hurrying—so many places to go! And sometimes it’s hard when things don’t go your way—it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate! They find a quiet spot, a special place with a few simple things, and just breathe. They do this every day, feeling their breath going in and out. They slow down and calm down. Now it’s easier to deal with whatever comes their way, and they have time to notice all the magical things in life, too!*

*Buddhism is all about training the mind, and boot camp is an ideal training method for this generation’s short attention span. The chapters in this small book can be read in any order, and are simple and easy to understand. Each story, inspirational quote and teaching offers mindfulness-enhancing techniques that anyone can relate to. You don’t need to be a Buddhist to find this book motivational. As the Dalai Lama says, “Don’t try to use what you learn from Buddhism to be a Buddhist; use it to be a better whatever-you-already-are.” Whether it’s Mother Teresa’s acts of charity, Gandhi’s perseverance, or your aunt Betty’s calm demeanor, it doesn’t matter who inspires you, so long as you’re motivated to be better today than you were yesterday. Regardless of religion or geographical region, race, ethnicity, color, gender, sexual orientation, age, ability, flexibility, or vulnerability, if you do good, you feel good, and if you do bad, you feel bad. If you agree that Buddhism isn’t just about meditating, but also about rolling up your sleeves and relieving some of the suffering in the world, then you are ready to be a soldier of peace in the army of love; welcome to Buddhist Boot Camp!*