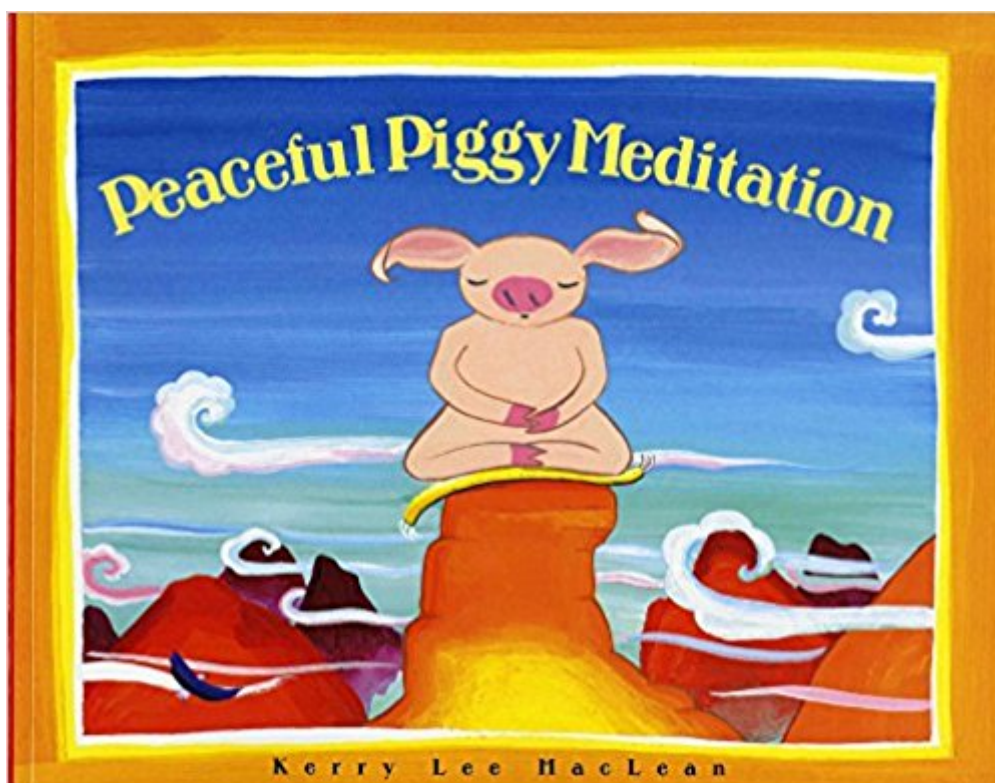


The book was found

Peaceful Piggy Meditation (Albert Whitman Prairie Books (Paperback))



Synopsis

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!

Book Information

Series: Albert Whitman Prairie Books (Paperback)

Paperback: 32 pages

Publisher: Albert Whitman & Company; 1 edition (January 1, 2004)

Language: English

ISBN-10: 0807563811

ISBN-13: 978-0807563816

Product Dimensions: 10.8 x 0.1 x 8.5 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 215 customer reviews

Best Sellers Rank: #15,861 in Books (See Top 100 in Books) #31 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene #54 in Books > Children's Books > Animals > Pigs #211 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 4 - 8 years

Grade Level: Kindergarten - 3

Customer Reviews

PreSchool-Grade 3 "The young pigs in this story balance a stressful, hectic life with regular meditation. Using straightforward "though somewhat saccharine" language and images, MacLean, a certified children's meditation instructor, describes this practice and explores its benefits, which include increased self-confidence and feelings of peace and well-being. The vibrant illustrations featuring the blissed-out pigs are childlike in their simplicity. At the end of the book, the author offers instructions on how to meditate and describes her experiences with using family meditation in her own life and in her practice. There are few titles for young children that explain and teach meditation techniques. As such, this offering will find a place in many libraries." Marge Loch-Wouters, Menasha's Public Library, WI Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

PreS-Gr. 2. Maclean, a meditation therapist, presents her case for deep relaxation in terms pitched straight at kids: "Sometimes the world can be such a busy, noisy place"; that's why "it's good to meditate." There's nary a lotus-blossom or a Bodhisattva to be found in the bright paintings of disarming piggies who tease their siblings, get mad, play video games ("You feel like you can't slow down. Even when you're sitting down!"), but also "know when to take a break, find a quiet spot and just breathe, breathe, breathe." For all that, Maclean advocates an essentially abstract spiritual practice: the instruction is as nondogmatic as it is concrete. She suggests that kids "have Mom or Dad help them set up a special place" for meditating, and concludes with an activity that invites kids to visualize the quieting of their minds as the settling of particles in a muddied jar of water. Even families that normally regard meditation as so much New Age folderol may find this chipper offering both endearing and persuasive. Jennifer MattsonCopyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

I wasn't expecting much for a book that costs

ABSOLUTELY LOVE THIS BOOK. HAVE PURCHASED THIS NUMEROUS TIMES AND GIVEN OUT TO MY CLIENTS. HOWEVER, DO NOT BUY THE KINDLE VERSION. IT IS SO TINY THAT YOU CANNOT EVEN READ IT. VERY DISAPPOINTED IN THIS.

This story was great, I bought it for my Elementary School because we have a large population of Emotionally Supported students. I read it before donating and realized I wanted my own kids to read it (9,7 & 4). I still reference some of the parts in the book when helping my own kids navigate their emotions.

I LOVE this book and what it teaches my small children. I will read this quite often. I believe it's not only possible, but important to teach kids meditation.

I bought this book for my 8-year-old who has anxiety. He loves showing me the moves and he is learning an important skill he can use anywhere. Great book!

This book gives us a great way to talk about emotions, and managing moods with youngsters. Peaceful Piggy is now part of the required reading list at my house.

What a great book! Check it out, read yourself or to a child and become more peaceful!

As a child psychologist I use this book all the time. I teach children about mindfulness by using this book & help talk to them about being calm & aware. Very well written, great pictures, all around awesome book!!!!

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