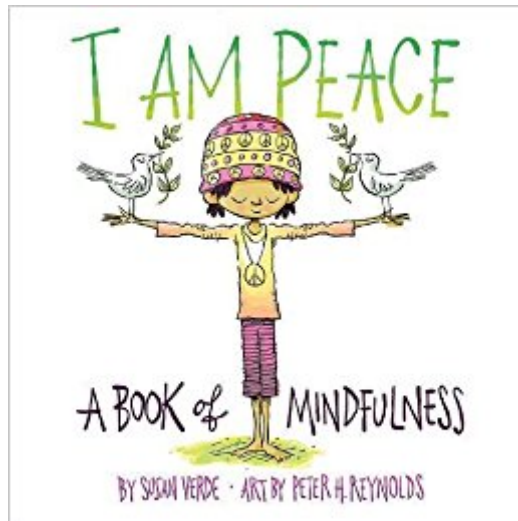




The book was found

I Am Peace: A Book Of Mindfulness



Synopsis

When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling picture-book dream team that brought us *I Am Yoga*. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Perfect for the classroom or for bedtime, Susan Verde's gentle, concrete narration and Peter H. Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level. Featuring an author's note about the importance of mindfulness and a guided meditation for children, *I Am Peace* will help readers of all ages feel grounded and restored.

Book Information

Hardcover: 32 pages

Publisher: Abrams Books for Young Readers (September 26, 2017)

Language: English

ISBN-10: 141972701X

ISBN-13: 978-1419727016

Product Dimensions: 8 x 8 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,777 in Books (See Top 100 in Books) #16 in Books > Children's Books > Education & Reference > Science Studies > Nature #61 in Books > Children's Books > Science, Nature & How It Works #64 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

"Vignettes of the child in a balance pose, feeding birds, and meditating beneath a tree (magically sprouting from fallen birdseed) reinforce messages of kindness, compassion, and self-awareness as worry melts into bliss...A gentle, helpful tool for cultivating kid mindfulness." (Kirkus)

Susan Verde is the author of *The Museum*, *You and Me*, *I Am Yoga*, and *My Kicks*. She is a licensed Yoga instructor and lives in East Hampton, New York. Peter H. Reynolds is the renowned illustrator behind the bestselling *Judy Moody* and *Stink* series, as well as many other bestselling and

award-winning picture books, including The Dot and Ish. He lives in Dedham, Massachusetts.

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