



A Handful of Quiet: Happiness in Four Pebbles

Thich Nhat Hanh

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Pebble meditation is a groundbreaking and completely unique technique to introduce children to the calming practice of meditation. Developed by Zen master, best selling author, and peace Nobel Prize nominee Thich Nhat Hanh *A Handful of Quiet* contains complete instructions for pebble meditation designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Whether practiced alone or with the whole family, pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions.

Beautiful color illustrations by Wietske Vriezen, illustrator of *Planting Seeds* (ISBN-13: 978-1-935209-80-5) and *Mindful Movements* (978-1-888375-79-4).

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