

---

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

---

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

Buddha at Bedtime

Finding Calm in the Chaos of the School Years

Is Nothing Something?

Under the Bodhi Tree

Everything Is Connected

Buddhist Animal Wisdom Stories

The Buddha in Me

Fairies at Bedtime

Breathe Like a Bear

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

Peaceful Piggy Meditation

30 Mindful Moments for Kids to Feel Calm Anytime Anywhere

Sweet Dreams, Maisy

The Buddha's Apprentice at Bedtime

Talk Thai

Buddha at Bedtime

The Life of the Buddha

The Seed of Compassion

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

A Children's Book On Humility, Gratitude, And Adaptability From Learning Interbeing, Interdependence, Impermanence - Big Words for Little Kids

The Calm Buddha at Bedtime

Stories Buddha Told

Kindness

Buddhism for Busy People

A Treasury of Buddhist Wisdom for Children and Parents

The Calm Buddha at Bedtime

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

Tickle Monster

Slow Down... and Sleep Tight

F\*ck That

The Story of Angulimala

The Pocket Thich Nhat Hanh

Sleep Better in Seven Weeks with Mindfulness Meditation

An Honest Meditation

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

Buddhism for Children Level 1

The Story of Buddha

Mindfulness

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

Downloaded from [db.mwpai.edu](http://db.mwpai.edu) by  
guest

---

## KAUFMAN KIRSTEN

---

[Tales of Wisdom, Compassion and Mindfulness to Read with Your Child](http://ReadHowYouWant.com) ReadHowYouWant.com

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. *Buddha at Bedtime* Scholastic Inc.

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

[Finding Calm in the Chaos of the School Years](#) University of Missouri Press

Like a yoga class you can hold in your hand, a beautiful, full-color

guide to letting sh\*t go Our world is filled with annoyances, and sometimes you need a little dose of humor to cope with the news cycle, your irritating co-worker, or that telemarketer who won't stop calling. This refreshingly honest self-help book will guide you through a meditation to "breathe in strength, and breathe out bullsh\*t." An excellent gift for yourself or others, F\*ck That is the very embodiment of modern-day self-care. May it help you find peace with the challenges that surround you...because they are f\*cking everywhere. Based on the viral video that had everyone from yogis to workaholics raving, F\*ck That is the completely truthful and oddly tranquil guide to relieving stress and achieving inner peace.

Is Nothing Something? Vintage Books Canada

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 visuali...

Under the Bodhi Tree Bringing the Buddha's Teaching

At the end of a busy day, Maisy says goodbye to her friends and takes Panda inside to get ready for bed.

**Everything Is Connected** Watkins Media Limited

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.

Buddhist Animal Wisdom Stories Shambhala Publications

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.

The Buddha in Me ReadHowYouWant.com

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for

managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning CD, Mindful Moments for Kids, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go.

Fairies at Bedtime Watkins Media Limited

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

Breathe Like a Bear Shambhala Publications

The sun is getting low, and moon is on her way. It's time to slow things down... and hug this lovely day. Bring calm to bedtime with this gentle lullaby, as you say goodnight to nature's daytime and welcome the night. Inspired by the bestselling Slow Downwith delightful illustrations by Freya Hartas.

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

Stillwater, the beloved Zen panda, now in his own Apple TV+ original series! Stillwater the Panda returns in a delightful companion to his Caldecott Honor Book, Zen Shorts. Summer has arrived -- and so has Koo, Stillwater's haiku-speaking young nephew. And when Stillwater encourages Koo, and his friends Addy, Michael, and Karl to help a grouchy old neighbor in need, their efforts are rewarded in unexpected ways. Zen Ties is a charming story of compassion and friendship that reaffirms the importance of our ties to one another.

**Peaceful Piggy Meditation** Shambhala Publications

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 18 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. And 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.

30 Mindful Moments for Kids to Feel Calm Anytime Anywhere Chronicle Books

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. *Sweet Dreams, Maisy* Shambhala Publications

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.

*The Buddha's Apprentice at Bedtime* Simon and Schuster

This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

*Talk Thai* Unitarian Universalist Association of Congregations

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.

*Buddha at Bedtime* Farrar, Straus and Giroux (BYR)

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.

*The Life of the Buddha* The Calm Buddha at BedtimeTales of Wisdom, Compassion and Mindfulness to Read with Your Child

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!

*The Seed of Compassion* Parallax Press

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.

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

Shambhala Publications

Interbeing, Interdependent, Impermanent - big words can be understood by little kids! The concepts of non-self, non-reality, and interdependence with the doctrine of causes and conditions are introduced at a child's level.

Best Sellers - Books :

• [The Inmate: A Gripping Psychological Thriller By Freida Mcfadden](#)

• [Twisted Games \(twisted, 2\)](#)

• [Reminders Of Him: A Novel](#)

• [The Mountain Is You: Transforming Self-sabotage Into Self-mastery](#)

• [The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma By Bessel Van Der Kolk M.d.](#)

• [The Complete Summer I Turned Pretty Trilogy \(boxed Set\): The Summer I Turned Pretty; It's Not Summer Without You; We'll Always](#)

• [Dark Future: Uncovering The Great Reset's Terrifying Next Phase \(the Great Reset Series\) By Glenn Beck](#)

• [Beyond The Story: 10-year Record Of Bts](#)

• [Girl In Pieces](#)

• [American Prometheus: The Triumph And Tragedy Of J. Robert Oppenheimer By Kai Bird](#)