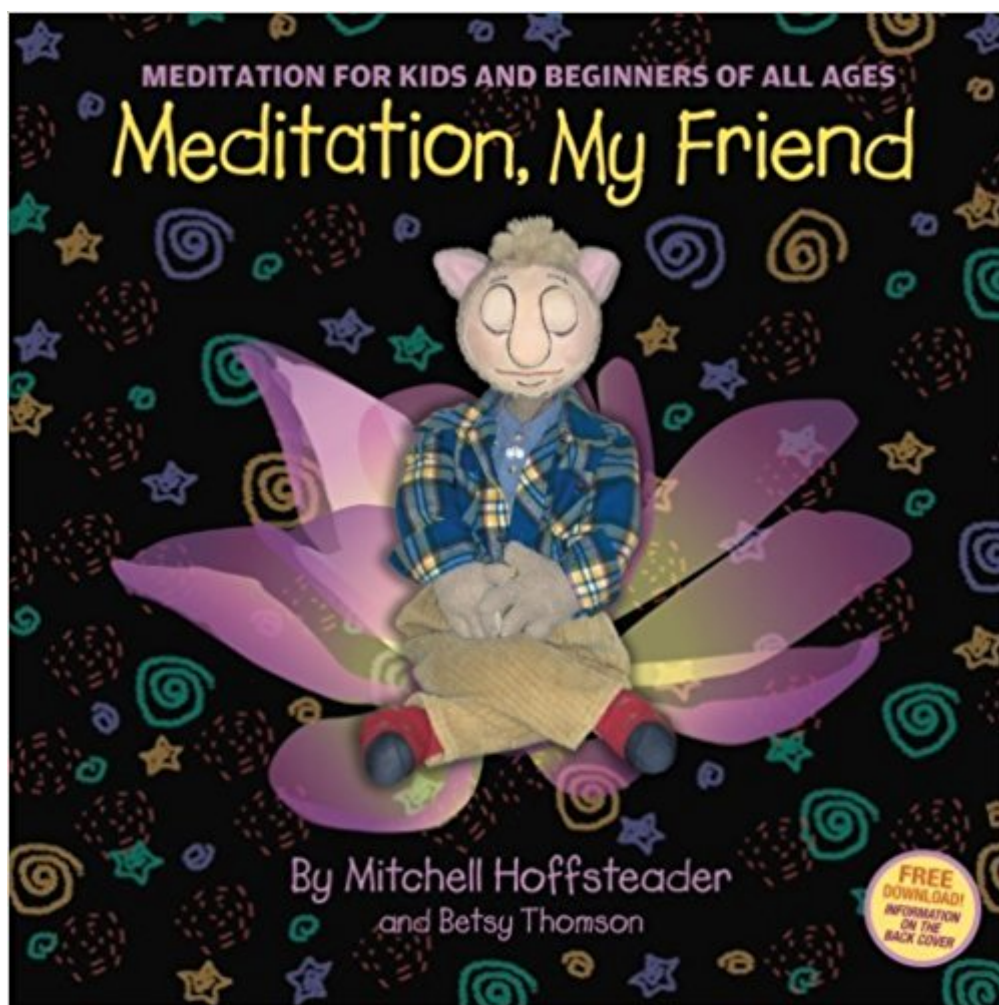


The book was found

Meditation, My Friend: Meditation For Kids And Beginners Of All Ages



Synopsis

View book trailer here: https://www.youtube.com/watch?v=UU_FvPa8SiQ MEDITATION, MY FRIEND has been praised by leading mental health experts, and by noted individuals in the mindfulness, meditation, and neuro science community. Rick Hanson NY Times Best Selling author of The Buddha's Brain and Hard Wiring Happiness, Tara Brach, NY Times Best Selling author, True Refuge and Radical Acceptance, and Diana Winston the director of mindfulness education at UCLA's Mindful Awareness Research Center, author of WIDE AWAKE. PLEASE NOTE THIS BOOK COMES WITH A FREE AUDIO DOWNLOAD. In this wonderful book you will meet Mitchell Hoffstader, the quirky, endearing star, and co-author of Betsy Thomson's new book "Meditation, My Friend." Mitch is like many kids we know. He hates doing homework, he is not fond of vegetables and he gets frustrated when Betsy, otherwise known as Betzilla, the adult figure in his life, tells him what to do. Worst of all Mitch is convinced he has an incurable case of "Restless Brain Syndrome." "You know when you can't stop thinking and thinking." Mitchell also has trouble in school, making friends, and believing in himself. He finds it hard to concentrate and feel calm. All of this begins to change when Mitchell meets Betsy's friend Tenzin, a monk from Tibet. Tenzin introduces Mitchell to mindfulness meditation. He teaches Mitchell how to cope with life's challenges and deal with his own inevitable "gluey-sticky monster thoughts" by being mindful. Mitchell learns how to become a "Mindful Mitchie" and find his "quiet place inside." Full of playful illustrations, wonderful photography and life-size puppetry, and "how to" meditate instructions "Meditation, My Friend" is every adult's answer to the question of how to introduce mindfulness to children. The book is also for the young at heart. As Tenzin says, "Anyone, anywhere can meditate. It doesn't matter what religion they are or aren't, if they are young or old, or wear tube socks or no socks" anyone can benefit. The free download includes guided meditations, a discussion of mindfulness with Betsy and Mitchell, and Mitch's spunky song "Meditation is Good For Me" and Betsy's "Wish" is available WITH PURCHASE at www.meditationmyfriend.com

Book Information

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Customer Reviews

Betsy Thomson is an author, singer-songwriter, multimedia artist, and an experienced meditator and meditation/yoga instructor. She is the creator of Mitchell Hoffstader. For more information about MEDITATION, MY FRIEND, Betsy and Mitchell or to purchase a book please visit www.meditationmyfriend.com or email thomsonbetsy3@gmail.com.

This is very much age-appropriate for a 6-10 year old kid, which is why it gets 4 stars. I found the writing level to be a bit low for me, and the images and text formatting were somewhat jarring - but completely appropriate for a kid. There are places where the text appears to be handwritten (annoying to me, cute to kids) and the text color varies, sometimes black, sometimes red. The images are interspersed heavily within the text (again, annoying to me...) and also in sidebars and whole-page spreads. I rated this highly because I was giving it to my 9 year old daughter as a gift, and it seemed like it would be right up her alley. The story is strong, the exercises are simple and well-explained, and overall this seems like a great introduction to meditation through an absorbing and highly relatable story.

We love this book! My kids are 7 and 9, and they really got into this. I love the way kids can really relate to Mitchell's fears and insecurities. I feel like I can be too "grown up" when explaining meditation to my kids, and this gets to them right at their level. I read a chapter a night to them, and they always wanted me to keep reading. It's a brilliant way of introducing mindfulness to kids. We have some other picture books on meditation (which we also love), but this one is a bit more in-depth, while still being really interesting and fun.

I really, really like this book. I got it for my niece for Christmas and out of all the books she got, she seemed to be most interested in this one. I think the way the author added a lot of pictures/drawings to it really helped her get interested. Overall, awesome book and I would definitely recommend it!

This is a great book for both beginner meditators, kids, and long time meditators. I've been meditating for many years but felt that I would like to get back to the basics and this book came into my life. I'm truly glad I bought it. It has great lessons, exercises and stories that everyone can relate to. I would highly recommend it.

This book is truly for all ages. Share it with your class of skimmmy five year olds , teens or adults! It is well written, creative with catch phrases that will remind you to be mindful of your thoughts. You will fall in love with this sweet character as he leads you with his mentor to live a more peaceful life.

Brava

I was really looking for something to use in teaching pre-school and young elementary children meditation. This didn't seem to meet that expectation, but it certainly did express what a child would be feeling under these circumstances.

My nine year-old son devoured this book. He thought it was a "really awesome" book that helped him learn how to meditate. He says: "I think a quadrillion kids should read this book!"

The wisdom of simplicity is captured and revealed in this story/manual for the young as well as all age groups.

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