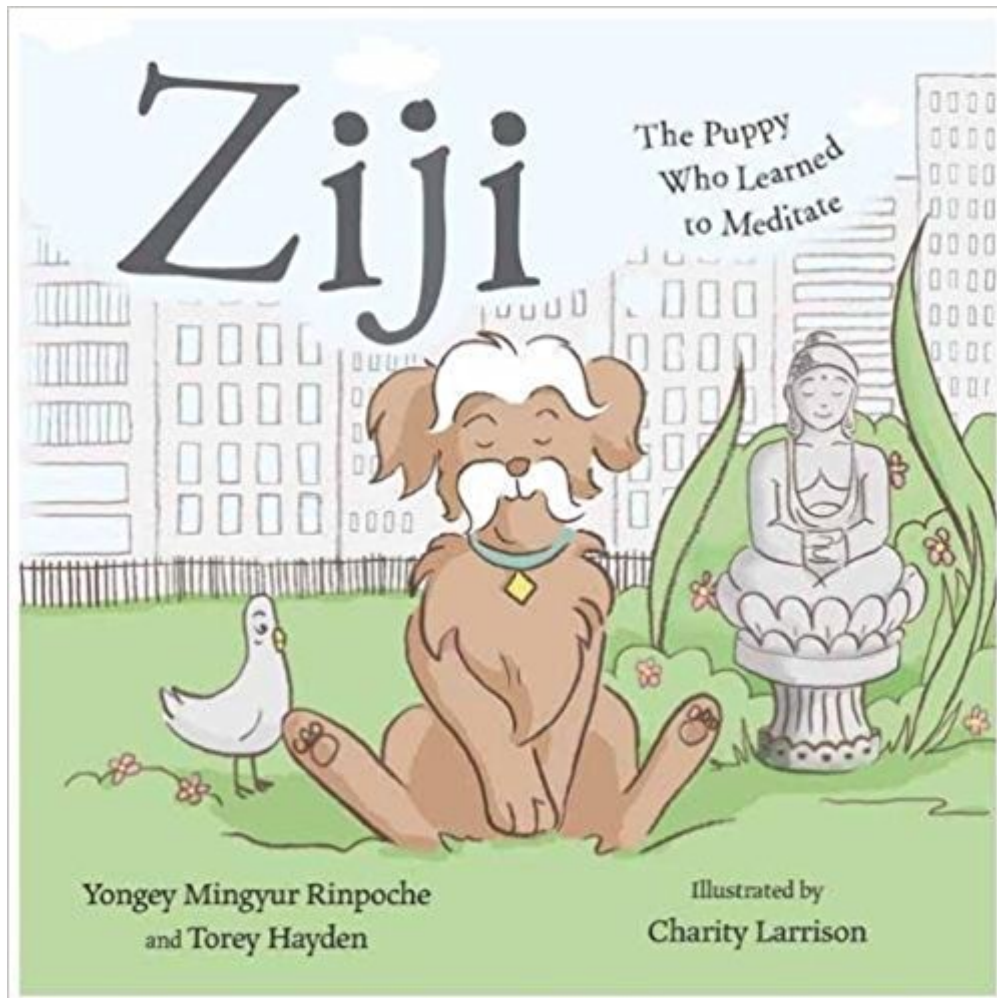




The book was found

Ziji: The Puppy Who Learned To Meditate



Synopsis

Children will love learning the calming power of meditation alongside Ziji, a playful puppy. Ziji is a noisy, bouncy puppy who lives with the Anderson family: Mom, Dad, Jenny, and Baby Jack. He loves to bark and play and—most of all—chase pigeons in the park. Then one day, Ziji sees a new boy from Jenny's school, Nico, sitting in the park. What is Nico doing? Why does he look so calm and happy? Ziji can't wait to find out. This book, written by Yongey Mingyur Rinpoche, one of the new generation of Tibetan Buddhist masters, will teach your child the basics of meditation in a fun and engaging way. Included after the story is a guide for parents and teachers with more information on what meditation is and how it can be helpful as well as suggestions on how children can continue to practice meditation on their own.

Book Information

Hardcover: 56 pages

Publisher: Wisdom Publications (October 24, 2017)

Language: English

ISBN-10: 1614294712

ISBN-13: 978-1614294719

Product Dimensions: 9 x 0.4 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 12 customer reviews

Best Sellers Rank: #3,608,230 in Books (See Top 100 in Books) #38 in Books > Children's Books > Literature & Fiction > Religious Fiction > Buddhist #9380 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #9739 in Books > Children's Books > Animals > Dogs

Age Range: 6 - 9 years

Grade Level: 3 - 7

Customer Reviews

Born in the Himalayan border regions between Tibet and Nepal, Yongey Mingyur Rinpoche is a rising star among new generation of Tibetan Buddhist masters. His candid, often humorous accounts of his personal difficulties have endeared him to audiences around the world. His bestselling book *The Joy of Living: Unlocking the Secret and Science of Happiness* debuted on the New York Times Best Seller list. Rinpoche's most recent book is *Joyful Wisdom*. Born in Montana, Torey Hayden has spent most of adult life working with children in distress. Now living in

Great Britain, she provides counseling and advice services for several child-oriented charities. Torey is best known as the author of numerous internationally bestselling books about her experiences as a special education teacher and therapist, such as *One Child*, *Ghost Girl*, and *Just Another Kid*. She's also published three novels and *The Very Worst Thing*, a story for eight- to twelve-year-olds.

Very well done. Children are suffering with the extreme changes over the past years. This book will help. Nicely packaged, quickly shipped.

This book is adorable, and I think it is a great way to start the conversation about meditation with kids. My nephew loved it, and he had a lot of questions afterwards. Be prepared for a lot of questions about why Ziji shouldn't chase the birds! I would also recommend Mingyur Rinpoche's other books on meditation. He is a true master, and has been said to be the happiest man in the world.

this is an awesome guide which teaches the most fundamental instruction and also the most essential instruction. I found it helpful to deepen my understand as well as to plant the seed in my young sapling.

My 4 year old requests that I read it to him every night and wants to meditate with me... for about 3 seconds.

Teaches the children who are energetic and aggressive to calm down.

I bought this book for a family with children younger than 10. They all enjoyed it, especially the drawings of Ziji meditating. I'm trying to share my enjoyment of mindfulness with the little ones.

great book for older children

The message/analogy in this story is great, and for the most can be understood by kids. It's a tad bit long for my 5 year old, but probably perfect for about age 7+.

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