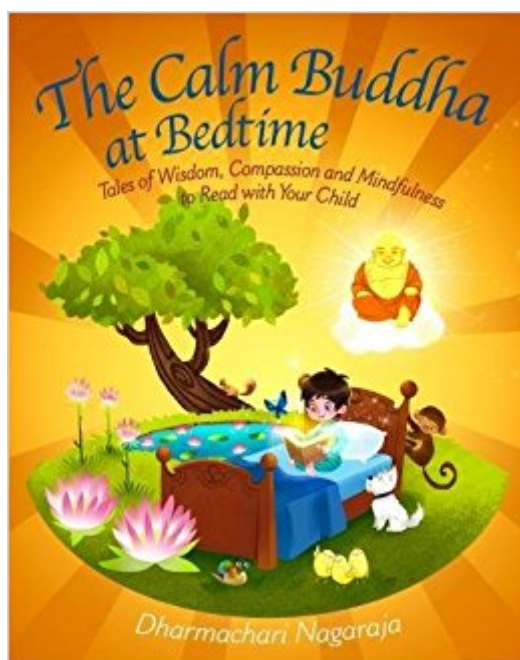


The book was found

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



## Synopsis

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.

## Book Information

Paperback: 320 pages

Publisher: Watkins Publishing (November 14, 2017)

Language: English

ISBN-10: 1786780801

ISBN-13: 978-1786780805

Shipping Weight: 13 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #266,634 in Books (See Top 100 in Books) #10 in [Books > Children's Books > Religions > Eastern](#) #21 in [Books > Children's Books > Education & Reference > Philosophy](#) #79 in [Books > Children's Books > Biographies > Religious](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

Dharmachari Nagaraja has been a practising Buddhist for over 20 years. Formerly head of the Covent Garden Meditation Centre in London and a regular presenter on BBC Radio 2, Pause for Thought with Terry Wogan, he now lives in Glasgow where he

works as a Psychosynthesis Psychotherapist and teaches Counselling at the University of Glasgow. His passion for both Buddhism and storytelling lives on in this, his third book for Watkins in the popular 'At Bedtime' series, all of which benefit from his appealing combination of warmth, wisdom, wit and playfulness.

[Download to continue reading...](#)

The Calm Buddha at Bedtime: Tales of Wisdom, Compassion and Mindfulness to Read with Your Child  
Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Bedtime Stories ... (Uncle Nick's Bedtime Stories for Kids) Bedtime Stories for Children: Short Bedtime Stories for Kids: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Fun Bedtime ... Nick's Bedtime Stories for Kids Book 3) Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Fun Bedtime ... Nick's Bedtime Stories for Kids Book 1) The Buddha's Apprentice at Bedtime: Tales of Compassion and Kindness for You to Read with Your Child - to Delight and Inspire Buddha at Bedtime: Tales of Love and Wisdom for You to Read with Your Child to Enchant, Enlighten and Inspire The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life Angels at Bedtime: Tales of Love, Guidance and Support for You to Read with Your Child to Comfort, Calm and Heal The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) The Mindfulness Coloring Engagement Calendar 2018: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! Impossible Compassion: Use The Compassion Key to Un-Creat Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else Impossible Compassion: Using The Compassion Key to Un-Creat Disease, Save the Environment, Transform Relationships and Do All Sorts of Other Good Things for Ourselves and Everyone Else Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic Nightlights: Stories for

You to Read to Your Child - To Encourage Calm, Confidence and Creativity More Nightlights:  
Stories for You to Read to Your Child - To Encourage Calm, Confidence and Creativity Empty Your  
Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help (Self-Compassion Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)