



# Mindful Monkey, Happy Panda

By Lauren Alderfer

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This wonderful picture book for children and adults alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will delight all readers.

As our story begins, Monkey is not so mindful - his Monkey Mind constantly jumping from one thing to another - but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it.

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## **Mindful Monkey, Happy Panda** By Lauren Alderfer Bibliography

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### Editorial Review

#### Review

"*Mindful Monkey, Happy Panda* is designed to teach young readers the value of mindfulness. Although mindfulness is a practice especially advocated by Buddhism, *Mindful Monkey, Happy Panda* is intended for children of any religious faith or background, as it describes the idea in simple and secular terms. The bright, friendly illustrations bring this invaluable parable to vivid life. Highly recommended." (*Midwest Book Review*)

"This beautiful story shows us all how to dwell peacefully and happily in the present moment." (Thich Nhat Hanh, author of *Planting Seeds: Practicing Mindfulness with Children*)

"A great read!" (*Mamma's Bacon Blog*)

#### About the Author

As an educator for over twenty-five years, Lauren Alderfer has taught all levels—from graduate studies at SIT Graduate Institute in the USA, down to the first grade in US-based overseas schools. After living in India for over a decade, Lauren now divides her time between India and the Americas. Her ability to blend a Western perspective with the deep spirituality of the East invites educators to cultivate their inner lives in the daily act of teaching while developing mindfulness and compassion.

Kerry Lee MacLean is the author and illustrator of several award-winning and best-selling picture books, including *Moody Cow Meditates* and *Peaceful Piggy Meditation*. Her latest book is *Moody Cow Learns Compassion*, and her next will be an activity book for parents and children of all ages, *The Family Meditation Workbook*. Kerry has been leading family meditative arts workshops in North America, Australia and Europe for 15 years. She is the mother of five young adults who still employ meditation as an important tool in their busy lives.

### Users Review

#### From reader reviews:

#### Lucy Fletcher:

Book is to be different for every grade. Book for children until eventually adult are different content. We all know that that book is very important for all of us. The book *Mindful Monkey, Happy Panda* had been making you to know about other know-how and of course you can take more information. It is quite advantages for you. The book *Mindful Monkey, Happy Panda* is not only giving you a lot more new information but also to get your friend when you feel bored. You can spend your spend time to read your reserve. Try to make relationship using the book *Mindful Monkey, Happy Panda*. You never truly feel lose out for everything in the event you read some books.

#### Daniel Starkey:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent that they free time just

watching TV, as well as playing video games all day long. If you would like try to find a new activity that is look different you can read the book. It is really fun for yourself. If you enjoy the book that you simply read you can spent 24 hours a day to reading a reserve. The book Mindful Monkey, Happy Panda it is rather good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore simply to read this book from the smart phone. The price is not too expensive but this book provides high quality.

**Julie Slocum:**

Your reading sixth sense will not betray an individual, why because this Mindful Monkey, Happy Panda e-book written by well-known writer we are excited for well how to make book that can be understand by anyone who read the book. Written in good manner for you, dripping every ideas and creating skill only for eliminate your current hunger then you still hesitation Mindful Monkey, Happy Panda as good book not just by the cover but also with the content. This is one e-book that can break don't assess book by its include, so do you still needing another sixth sense to pick this particular!?! Oh come on your reading sixth sense already alerted you so why you have to listening to one more sixth sense.

**Naomi Harris:**

This Mindful Monkey, Happy Panda is brand new way for you who has interest to look for some information mainly because it relief your hunger of information. Getting deeper you on it getting knowledge more you know otherwise you who still having small amount of digest in reading this Mindful Monkey, Happy Panda can be the light food for you personally because the information inside this specific book is easy to get simply by anyone. These books produce itself in the form which can be reachable by anyone, yep I mean in the e-book application form. People who think that in reserve form make them feel sleepy even dizzy this book is the answer. So there is not any in reading a reserve especially this one. You can find what you are looking for. It should be here for you. So , don't miss it! Just read this e-book style for your better life in addition to knowledge.

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