



## A Pebble For Your Pocket, A (Paperback)

By Thich Nhat Hanh

Parallax Press, United States, 2010. Paperback. Condition: New. Revised edition. Language: English . Brand New Book. Drawn from Thich Nhat Hanh's Dharma talks given to young people, A Pebble for Your Pocket presents the basic teachings of the Buddha in accessible and modern language. Combining the stories and meditation practices from the previous edition of A Pebble for your Pocket with those collected in Under the Rose Apple Tree plus several new stories, this completely revised edition is written in a conversational style, and is comprised of Buddhist parables, and stories from the author's own childhood experiences. They elucidate principles of Buddhism and mindfulness practice, and give the young reader and their parents concrete advice on handling difficult emotions such as anger, from which the title - a pebble for your pocket - is taken. Written in a highly accessible style that doesn't rely on a lot of jargon or difficult vocabulary requiring breaks for explanation, Thich Nhat Hanh emphasizes the importance of the present moment through vivid metaphors, original allegories, and colorful stories. Young readers will learn about handling anger, living in the present moment, and interbeing -- the interconnectedness of all things. Thich Nhat Hanh offers...



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