



A Handful of Quiet: Happiness in Four Pebbles

Thich Nhat Hanh

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A Handful of Quiet presents one of the best known and most innovative meditation practices developed by **Thich Nhat Hanh** as part of the Plum Village community's practice with children. Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions.

A Handful of Quiet is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home, in a way that is meaningful and inviting. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation guide helpful. Children can also enjoy doing pebble meditation on their own.

Beautiful color illustrations by **Wietske Vriezen**, illustrator of *Planting Seeds* (ISBN-13: 978-1-935209-80-5) and *Mindful Movements* (978-1-888375-79-4).

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