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Each Breath A Smile



Synopsis

Inspired by the teachings of Thich Nhat Hanh, in

Book Information

Paperback: 32 pages

Publisher: Plum Blossom (February 1, 2002)

Language: English

ISBN-10: 1888375221

ISBN-13: 978-1888375220

Product Dimensions: 8.6 x 0.1 x 11 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 22 customer reviews

Best Sellers Rank: #137,302 in Books (See Top 100 in Books) #4 in [Books > Children's Books > Literature & Fiction > Religious Fiction > Buddhist](#) #4 in [Books > Children's Books > Religions > Buddhism](#) #4 in [Books > Children's Books > Religions > Eastern](#)

Age Range: 3 - 7 years

Grade Level: Preschool - 2

Customer Reviews

Story by Sister Susan (Sr. Thuc Nghiem) a nun in the tradition of Zen Master Thich Nhat Hanh; Illustrated by Nguyen Thi Hop and Dong.

My 2 1/2 yr old enjoys this book that teaches the basics of mindfulness and being present using the breath. It is so cute to watch him put his hand on his little belly as he calmly breathes in and out. We share this experience often at bedtime. Daddy participates too. Is a nice way to end the day with our child.

This beautiful book had my Kindergarten students sitting quietly, practicing breathing, slowly and mindfully as I read slowly. It must have taken me 15 minutes to read, and not a word was spoken. It was a moment in my classroom that gave me goosebumps. I highly recommend practicing reading this book a couple times before reading to kids or using it in a classroom. (I have a meditation app that I tried to sound like as I read this story. The pace and tone seemed to really help my students understand the intent of the book.)

My 2 1/2 year old really enjoys breathing along with the story. It has helped me teach her to take a nice deep breath to help calm down when she's frustrated or upset.

A cute book with pretty artwork, but not as in-depth an introduction to meditation and mindful breathing as I had hoped. My little cousin will read this book with me at bedtime when he grabs a pile of them, but it's not his favorite and is never particularly asked for. A bit slow and repetitive, but nice for winding down before bed.

My kids love this book! It helps to ground and center them. I use this when I teach yoga for children as well. Great morals and beautifully written!

I was looking for a book to help me introduce concepts of mindfulness and meditation to my 22 month old toddler. This book does so in a simple, lovely way that is perfect for very little ones. I wasn't sure whether my son would respond to the book, but I was pleasantly surprised (he's a big fan of Elmo, Grover and Ernie). The illustrations are both calming and engaging (lots of little kids for my son to ogle). I read the book slowly so we sometimes don't make it to the end before he jumps up to find another book, but most of the time, he asks me to read it again. I highly recommend it!

I enjoyed reading this book to my son.

This beautifully simple book is deeply spiritual without being "religious." I have read it aloud in Grades K-3 including Special Education classes, and it always has a calming, reassuring effect on the children (and on me too!). It can be an introduction to quiet imagination/visualization activities or a concluding activity to help relax and focus a group. The book itself can be a kind of meditation exercise, since part of the text suggests breathing and calming the body in gentle, repetitive language. This is an excellent book to have on hand; it may be used regularly with the same group or in one particular lesson. Unique and highly recommended.

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