



# A Handful of Quiet: Happiness in Four Pebbles

By Thich Nhat Hanh

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## A Handful of Quiet: Happiness in Four Pebbles By Thich Nhat Hanh

*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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## A Handful of Quiet: Happiness in Four Pebbles By Thich Nhat Hanh Bibliography

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## Editorial Review

### Review

"*A Handful of Quiet* is a lovingly illustrated book that brings this meditation to life. All you'll need to practice it is a quiet spot and four ordinary pebbles." —Shambhala Sun

"For those times when you feel the need to give your children something more than your non-distracted attention, give them *A Handful of Quiet*. But first, take two handfuls for yourself." - **Karen Maezen Miller** author of *Momma Zen: Walking the Crooked Path of Motherhood*

"In a world that often buzzes and booms at children, this book offers a genuine place of peace. In *A Handful of Quiet* Thich Nhat Hanh has crafted an oasis for the soul and spirit that will serve your child throughout life."

**Kim John Payne M.ED.** Author of *Simplicity Parenting*

"Utilizes the child's imagination and invites them to enter meditation with joy and delight. I highly recommend this little jewel of a book." **Jacqueline Kramer** author of *Buddha Mom*

Praise for *A Pebble for Your Pocket*:

"This book is a gem from a true spiritual master." — *Parenting with Spirit*

### About the Author

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Happiness* and *Peace Is Every Step*. He lives in Plum Village in southwest France, where he teaches the art of mindful living.

Illustrator Wietske Vriezen was born in Wassenaar, The Netherlands. She met Thich Nhat Hanh during a retreat in Holland in 2000 and was touched deeply by his mindfulness teachings and practices. Since then, she has illustrated a number of books based on the teachings of Thich Nhat Hanh, most recently *Planting Seeds* and *Mindful Movements*. She lives in Rotterdam, The Netherlands where she works as a psychologist with gifted children.

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#### Mary Grays:

What do you ponder on book? It is just for students since they are still students or that for all people in the world, the particular best subject for that? Only you can be answered for that problem above. Every person has various personality and hobby per other. Don't be forced someone or something that they don't need do that. You must know how great and important the book *A Handful of Quiet: Happiness in Four Pebbles*. All type of book are you able to see on many options. You can look for the internet methods or other social media.

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**Mindy Hicks:**

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