



A Pebble for Your Pocket

Thich Nhat Hanh

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Through vivid metaphors, original allegories, and colorful stories, young people learn about handling anger, living in the present moment, and "interbeing"—the interconnectedness of all things.

Thich Nhat Hanh offers various practices that children can do on their own or with others that will help them to transform anger and unhappiness and reconnect to the wonders of nature, and the joy of living in the present moment. Beautiful illustrations are featured.

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