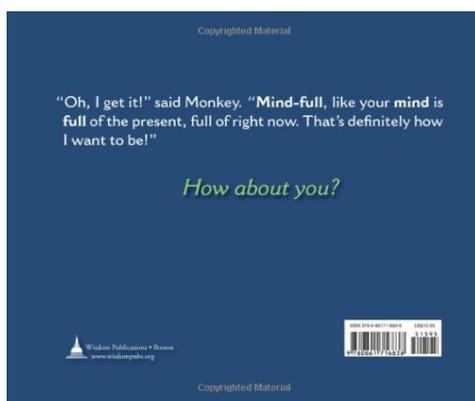


[PDF] Mindful Monkey, Happy Panda

Lauren Alderfer - pdf download free book



Books Details:

Title: Mindful Monkey, Happy Panda
Author: Lauren Alderfer
Released: 2011-07-26
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Description:

This wonderful picture book for children and adults alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will delight all readers.

As our story begins, Monkey is not so mindful - his Monkey Mind constantly jumping from one thing to another - but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it.

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