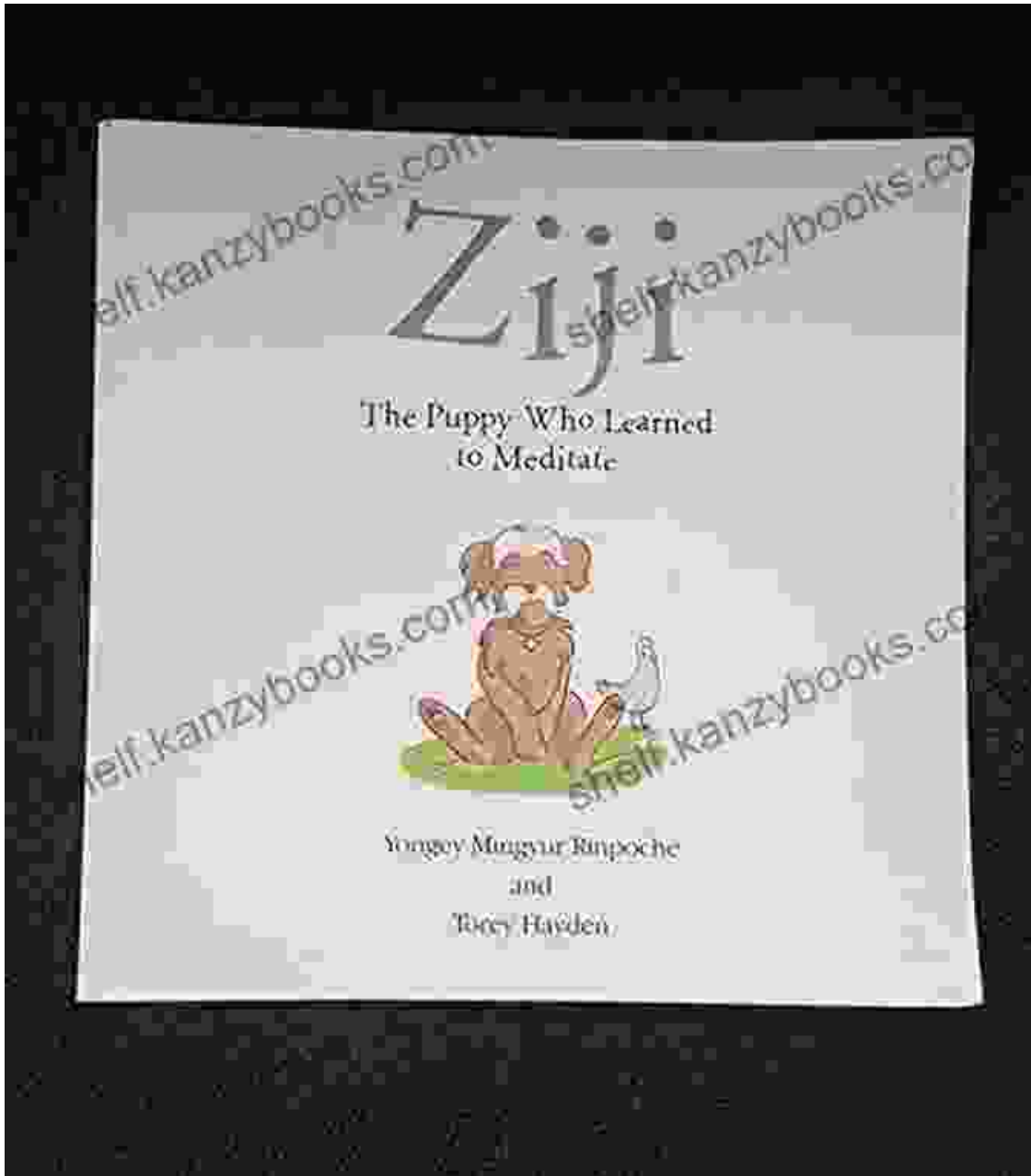


Ziji The Puppy Who Learned To Meditate: A Heartwarming Tale of Mindfulness for Kids

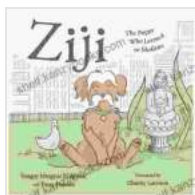


Synopsis

Ziji is a curious and energetic puppy who loves to explore the world around her. But sometimes, her excitement gets the best of her and she finds

herself feeling overwhelmed and anxious.

One day, Ziji meets a wise old dog named Bodhi who teaches her the practice of meditation. At first, Ziji is skeptical, but she soon learns that meditation can help her calm her mind, focus her attention, and find peace and happiness in the present moment.



Ziji: The Puppy Who Learned to Meditate by Max Brallier

★★★★☆ 4.9 out of 5

Language : English

File size : 24063 KB

Print length : 56 pages



Through Ziji's journey, children will learn the basics of meditation and mindfulness in a fun and engaging way. They will also learn the importance of being present, calming their minds, and finding joy in the little things.

About the Author

The author of Ziji The Puppy Who Learned To Meditate is a certified meditation teacher with over 10 years of experience teaching meditation to children and adults. She has a passion for helping others find peace and happiness through mindfulness and meditation.

Reviews



“Ziji The Puppy Who Learned To Meditate is a beautiful and heartwarming story that teaches children the importance of mindfulness and meditation. The story is engaging and the illustrations are lovely. I highly recommend this book to parents and educators.”

- Dr. Jane Nelsen, author of the Positive Discipline series



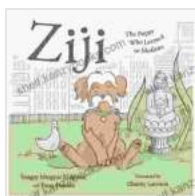
“Ziji The Puppy Who Learned To Meditate is a wonderful book for children of all ages. It teaches the basics of meditation in a fun and engaging way, and it encourages children to be present and mindful. I highly recommend this book.”

- Sharon Salzberg, author of Real Love and Lovingkindness

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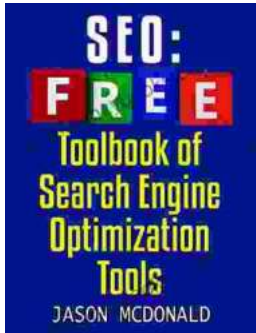
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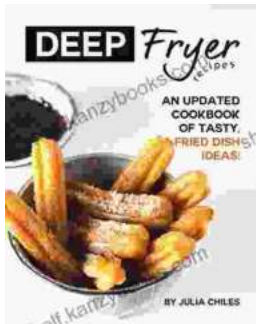
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