



Mindful Monkey, Happy Panda

Lauren Alderfer

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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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From reader reviews:

Joseph Owens:

Is it anyone who having spare time after that spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Mindful Monkey, Happy Panda can be the reply, oh how comes? A book you know. You are consequently out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these textbooks have than the others?

Tatum Martin:

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