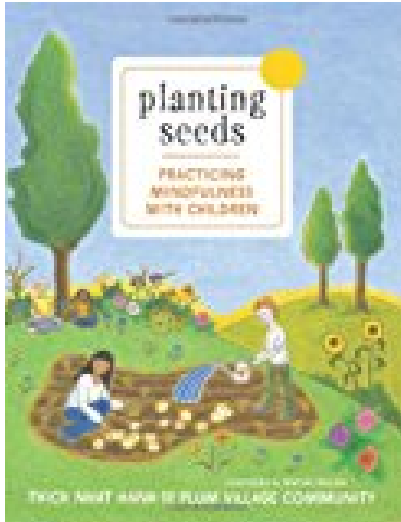


# Planting Seeds Practicing Mindfulness with Children

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## BOOK DETAILS

- Author : Thich Nhat Hanh
- Pages : 240 Pages
- Publisher : Parallax Press
- Language : English
- ISBN : 1935209809

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## BOOK SYNOPSIS

Based on the Plum Village retreat program through which families with children practice mindfulness, meditation and peaceful communication, a book-and-CD set outlines activities and curricula that can be incorporated into school and community settings to build supportive, mutually beneficial environments. Original.

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