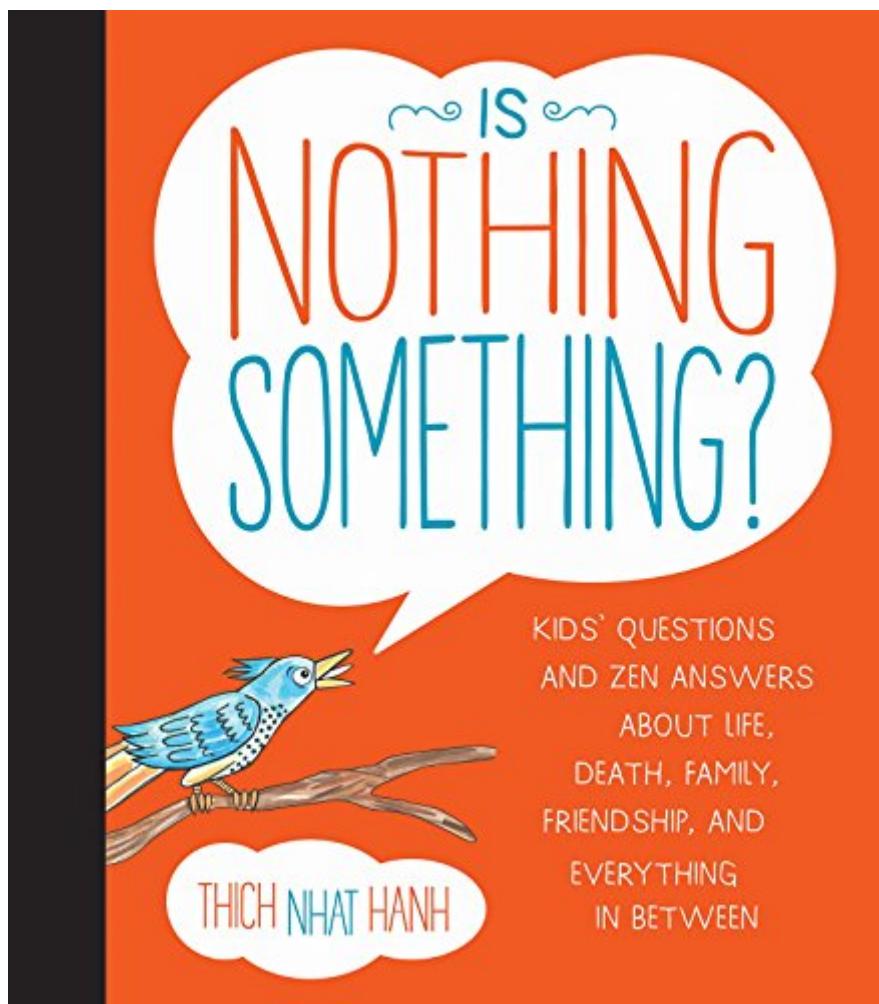


The book was found

# Is Nothing Something?



## **Synopsis**

In Is Nothing Something? Zen Master Thich Nhat Hanh answers heartfelt, difficult, and funny questions from children of all ages. Illustrated with original full-color artwork by Jessica McClure, Is Nothing Something? will help adults plant the seeds of mindfulness in the young children in their lives. Beginning with the most basic questions, "What is important in life?" and "Why is my brother mean to me?" and progressing through issues that we all wrestle with, such as "How do I know if I really love somebody?", "How long am I going to live?", and "What does God look like?", each page presents a question with a short answer from Thich Nhat Hanh, appropriate for beginning readers to work with on their own. The back of the book has the first complete childrenâ™s biography of Thich Nhat Hanh, along with basic, kid-friendly instructions for mindful breathing and mindful walking. Both humorous and profound, Is Nothing Something? is the perfect resource for kids with questions, adults looking to answer them, and anyone with questions of their own.

## **Book Information**

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## **Customer Reviews**

Basic SummaryIs Nothing Something? is a book filled with kids' questions and the sage answers from Thich Nhat Hanh about life, death, family, friendship, and so many other topics. Each page has

a simple question, many of which my daughter asks on a regular basis, and a short answer. The answers are based on Buddhist principles and beliefs; however they are spoken without judgement and from a place of love. While the answers are geared towards a child, they are presented in a way that neither talks down to the child or makes light of their concerns. Some of the answers are very deep and philosophical; however most answers are simple principles of how to be kind, loving, and full of compassion. There are simple illustrations on each page containing animals, many of which are in yoga poses. Our take on the book When my daughter and I read the book for the first time, we took time to read each question and discuss what we thought the answer should be prior to reading the answer presented by Thich Nhat Hanh. It was serene to have a thoughtful conversation with my seven year old daughter about topics we rarely broach. I was impressed by her answers, and she reflected and responded to each of the answers presented in the book. My daughter's favorite page had to do with a question regarding the death of a grandfather. The answer is amazingly peaceful, and I was touched when she made a connection to the death of my own grandfather because this relationship in particular is connected to the plants the we grow as a continuation of the things he taught me. My favorite question and answer was centered on what to do when you feel sad. The answer recommended to smile even though you are crying because the sunshine through the rain can make a rainbow.

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