



Planting Seeds with Song: Practicing Mindfulness with Children

By Thich Nhat Hanh

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. 163 x 137 mm. Language: English . Brand New. Full of wisdom on how to simply be with children and nourish their compassion for themselves and others. The CD has inspiring recordings of all the songs in the companion book, Planting Seeds, as well as a guided pebble meditation, total relaxation, and children s touching the earth.



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Reviews

This book will never be easy to start on looking at but quite entertaining to read. It is actually packed with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

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-- **Prof. Hilma Robel**