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# Buddha At Bedtime: Tales Of Love And Wisdom For You To Read With Your Child To Enchant, Enlighten And Inspire



## Synopsis

Many of today's children face challenges and obstacles far beyond what their parents ever imagined. These 20 thoroughly modern retellings of ancient Buddhist tales give parents a fun, low-pressure way to impart wisdom and moral guidance without preaching. Each story highlights a moral or ethical dilemma that echoes those that children face in their own lives, providing insight and enlightenment that they can use to defuse trying situations. At the conclusion of each story, applicable Buddhist principles are discussed. Featuring engaging characters, enthralling adventures, and modern language that speaks to today's kids, these beautifully illustrated stories can help children relieve stress, attain greater academic and social achievement, and enjoy a more positive outlook on life.

## Book Information

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Average Customer Review: 4.7 out of 5 stars 316 customer reviews

Best Sellers Rank: #11,866 in Books (See Top 100 in Books) #1 in Books > Children's Books > Religions > Buddhism #73 in Books > Parenting & Relationships > Parenting > Early Childhood #73 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

Dharmachari Nagaraja regularly presents BBC Radio 2's Pause for Thought with Terry Wogan, and has appeared on BBC 1's Heaven and Earth programme. A practising Buddhist for nearly 20 years, he formerly ran the Covent Garden Meditation Centre in London. He is currently involved with the Glasgow Buddhist Centre, where he works as a psychotherapist.

I bought this book to read to my children (girl age 4/boy age 6). It has become a classic that we have read again and again. This book has many different stories about 3-4 pages each. Each story

has a moral that is relevant to all of us. For example there is a story called The Lion and the Jackal, at the end of this story the message is "Sometimes it is easy to let fear and jealousy cloud our judgment. A wise person knows that there is enough love in their heart to give every living creature in the world." As you can see there is nothing overly religious in this message that is why I would recommend this book to people of all religions. The messages appear light, but have hidden depth and resonance. This book has beautiful stories and breathtaking illustrations. Every night before bed we read one story from this book, even though my kids have them memorized they still want them again and again. This book is one that will stay with them for their whole lives. It is a gift for the soul.

LOVE This book!! It Opens the Hearts and Minds of Children of All ages :) We can ALL use these positive messages in our daily life. With Beautiful illustrations, simple guide for parents and a Inspirational message at the end of each tale. Worthy of 5 Stars!!! Great Gift for Kids who have Everything; may inspire them to avoid Greed and Share more

Our child really like these stories at night before bed and asks a lot of cute questions. Too bad it didn't have more artwork. Overall a great read.

What a great resource for parents and children of all ages! We are not Buddhist, but spent several years in Asia and wanted to be able to expose our children to some of the values and ideals of Buddhism. The stories in this book are well-written, beautifully-illustrated, and both educational and engaging without being overly didactic. "Buddha at Bedtime: Tales of Love and Wisdom for You to Read with Your Child to Enchant, Enlighten and Inspire" quickly became a household favorite, and all three of my children -- 2 1/2, 5, and 8 -- all beg for me to read from it daily. Even my husband and I find the lessons contained within the stories to be good reminders of how we want to live our lives.

We absolutely adore this series of books. First off the book is a great quality. It is paperback but the cover and pages are a really nice, thick quality. Second the artwork is fantastic. Both my kids and I spend a lot of time just taking in the images. Third the stories are great. They all have a valuable moral and are presented in a way that is engaging and relatable to children.

My 6 year-old and 3 year-old children are about as opposite as two siblings can be, and are at very different places developmentally, but they both love this book. My son takes the wisdom to heart (especially the "Buddha Says" at the end of each story), and my daughter loves the stories but even

more the pictures, which are breathtaking. I also find the lessons prescient and helpful for my own growth as a person. You do not have to be Buddhist to appreciate it, as the focus is not religious but universally moral: this book is full of heart-warming love and wisdom for anyone. We finished reading the book (we read one story each night, along with other books, and it was the highlight of every night, the book the kids saved for last and wouldn't let me forget no matter how tired we were), and they have both requested that we start reading again from the beginning.

For Christmas 2015, I wanted to get my 5½ year old a few solid bedtime books. I wanted books that had moral underpinnings and that would provide her with a well rounded understanding of various faiths. I bought several books from each major religion geared towards children. "Buddha at Bedtime" is one of the books I purchased. Wow. I am not Buddhist so I have no real bias here. This book is beautiful... not merely in presentation, but in the stories within it too. They are simple, well written, flow easily when read aloud as well as silently, and have depth that even little ones can understand. I cannot recommend the book enough. Regardless of your personal faith, there are universal truths in "Buddha at Bedtime" that any reasonable and decent human can relate to. Any child would be well served by having this book in their personal library.

Seriously, you don't have to be Buddhist to love this book. It is probably the single best children's book I've ever purchased. My kids love it & it teaches values \*everyone\* should have. Bonus; the short form of meditation they have you guide your child or children through at the beginning of the book puts my kids in a state of complete relaxation to the point where they barely make the story before nodding off.

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