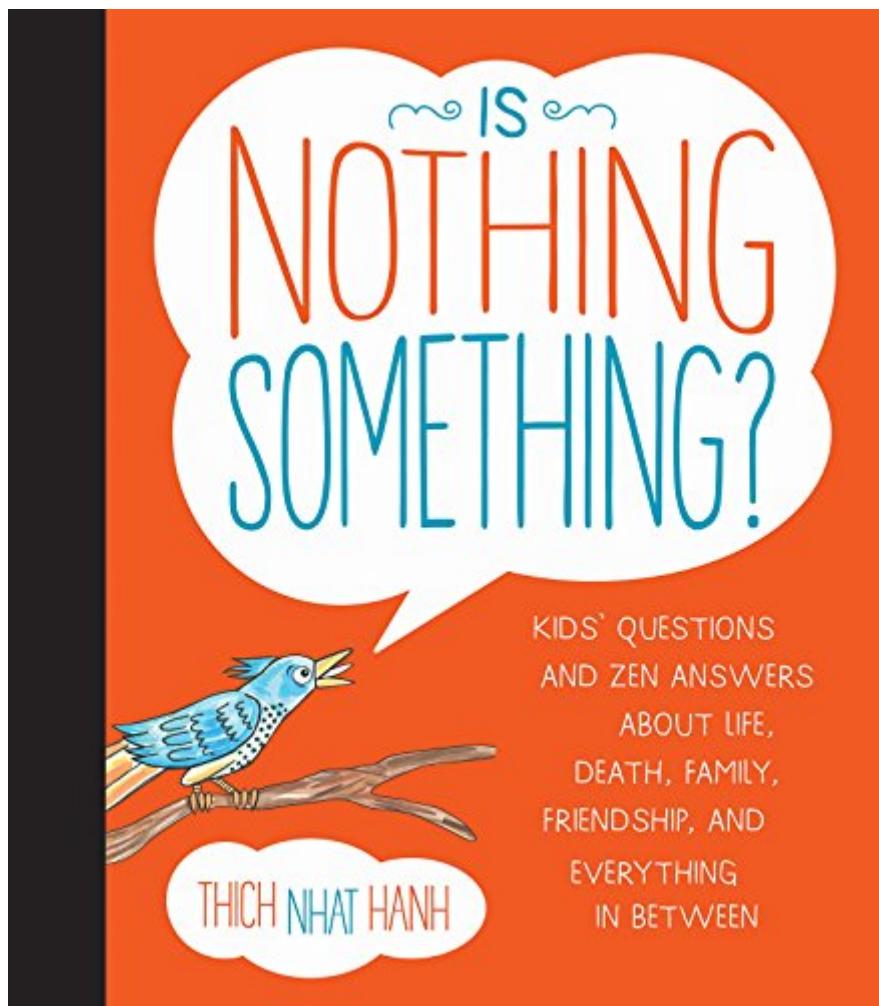


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# Is Nothing Something?



## **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 children'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. How beautiful is that sentiment? Overall, this book is simple, peaceful, and contemplative. It is the perfect addition to any collection of books that discuss religion or principles on being a good human.

I cried skimming through this book. It's a Christmas presents for my daughters and imagining them thinking over how with death, our shape may change but we will never disappear, brought tears and a certain sense of comfort to my heart. Many poetic, simply put, pearls of wisdom. Not only for young children but anyone who could use a little spiritual reminding.

This book is great if you have inquisitive kids who ask those really difficult questions. Gives a variety of answers to each really difficult question that we all ask in life. Makes the kids really think. It's something we don't read for bed time, but reach for when a life question arises.

Great book for kids. my son read some of it to the whole family as he thought it teaches how to be positive. really an awesome job by the author. my son came to a conclusion that the author is a believer of Buddhism!

Good bedtime book for kids. Thoughtful. I may not agree with everything but it promotes interesting discussion.

I love the conversations that come up with my child after reading the questions and answers. Very good explanations for children to understand difficult subjects.

This book is good for kids with lots of questions (so... all of them, lol). Its a bit shorter than I expected - my daughter finished it in about 10 minutes, but I keep it in the magazine rack in the guest bathroom and have nothing bad to say about it! Good book!

A way to help a child question and wonder. A way to have conversations. Suggest not doing very many at a time, and trying to return to the question when not reading the book, when those "teachable moments" arise.

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