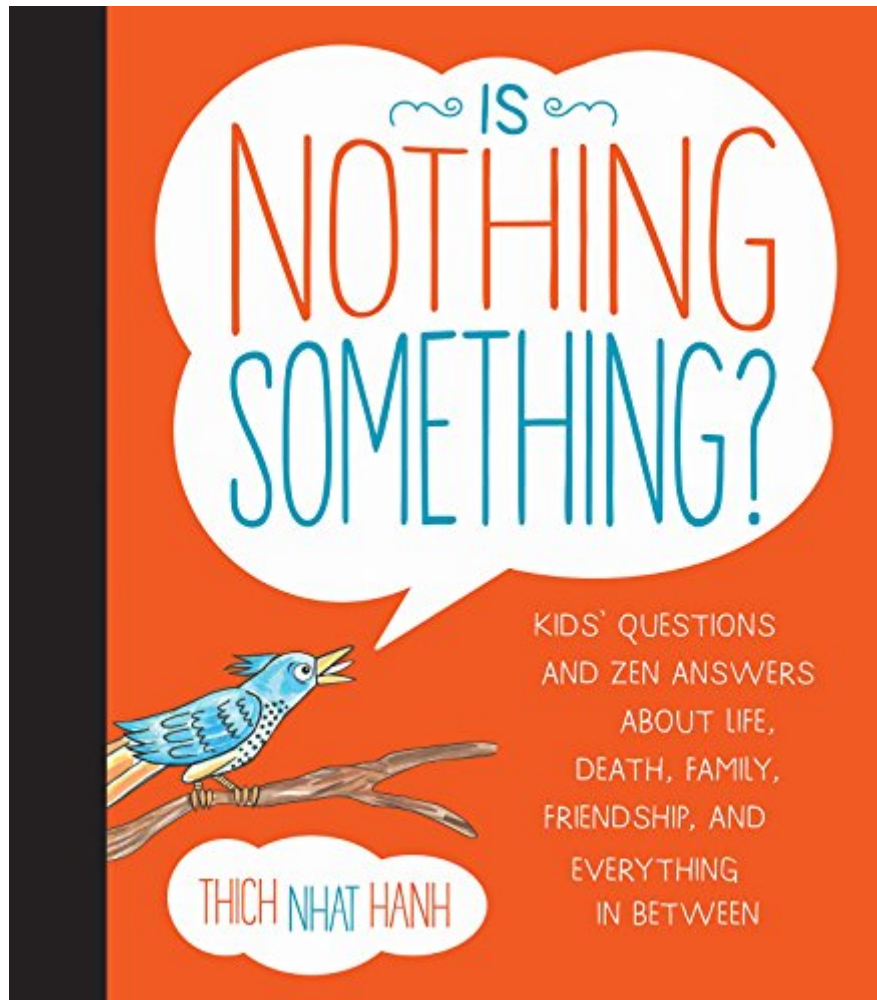


The book was found

# 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 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

File Size: 24414 KB

Print Length: 40 pages

Publisher: Plum Blossom (March 20, 2014)

Publication Date: March 20, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00HL2S3KE

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #403,123 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Children's eBooks > Religions > Eastern #11 in Kindle Store > Kindle eBooks > Children's eBooks > Education & Reference > Philosophy #28 in Books > Children's Books > Religions > Eastern

## Customer Reviews

Basic Summary  
*Is 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 that 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.

[Download to continue reading...](#)

A Universe from Nothing: Why There Is Something Rather Than Nothing  
Something Out of Nothing: Marie Curie and Radium  
Is Nothing Something?: Kids' Questions and Zen Answers About Life, Death, Family, Friendship, and Everything in Between  
Is Nothing Something? Can't We Talk about Something More Pleasant?: A Memoir  
If You Can't Say Something Nice, What Do You Say?: Practical Solutions for Working Together Better  
Mercy Watson: Something Wonky this Way Comes  
Austin Mahone: Startin' Something Spectacular  
Eric Liddell: Something Greater Than Gold (Christian Heroes: Then & Now)  
Maybe Something Beautiful: How Art Transformed a Neighborhood  
Something's Wrong with Cavity Sam! (Operation)  
What Do You Do When Something Wants To Eat You?  
Archer Addy: Trying Something New (Archer Addy, The True Life Adventures) (Volume 1)  
Zenith 2016: Did Something Begin In The Year 2012 That Will Reach Its Apex In 2016?  
Standing for Something: 10 Neglected Virtues That Will Heal Our Hearts and Homes  
Love and War: Find Your Way to Something Beautiful in Your Marriage  
The Walking Dead: Something To Fear, Vol. 17  
Something in the Cellar...: Ronald Searle's Wonderful World of Wine  
Surprise-Inside Cakes: Amazing Cakes for Every Occasion--with a Little Something Extra Inside  
Dip Into Something Different: A Collection of Recipes from Our Fondue Pot to Yours

