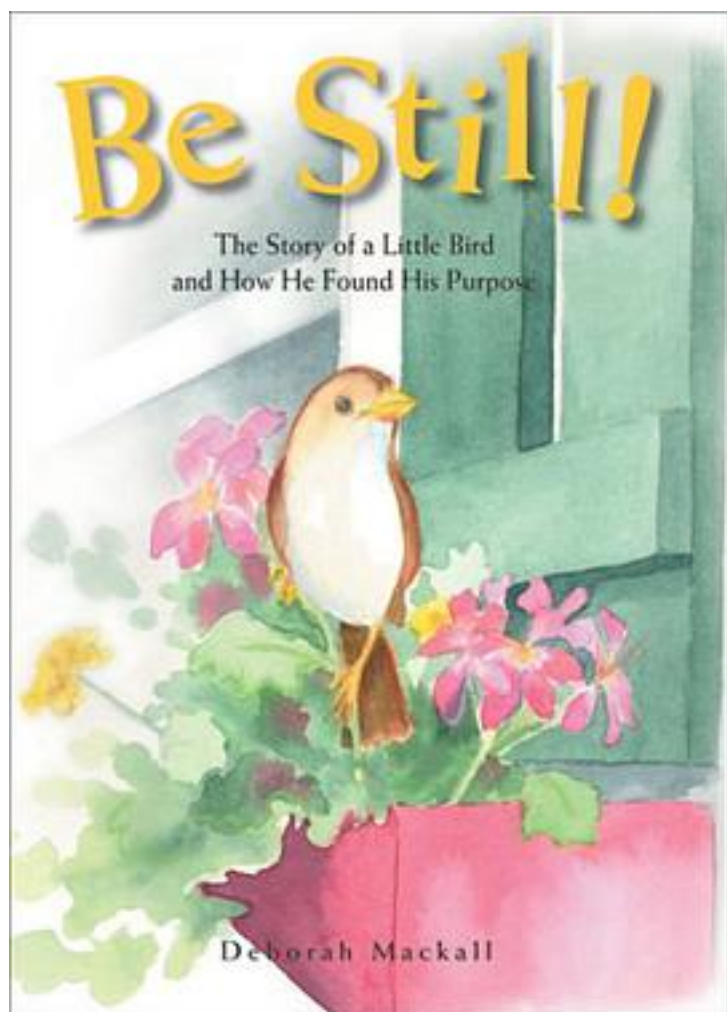


Be Still!



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著者:Mackall, Deborah

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In a gentle, appealing way, this lyrical story with lush illustrations introduces the

concepts of meditation to children. After dreaming about the many special things that creatures do -- fireflies that light up the sky and elephants that spray water through their long noses -- Little Bird sets out to discover what makes him special. Starting with his mother, he questions what he can be or do to set himself apart. However he repeatedly gets the same answer from her as well as the squirrel, the ladybug, the swan, the turtle, and the bat. Little Bird is about to give up when some wise words from the heron open him to the place in his heart where stillness lives, and he finds his true purpose.

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目录:

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