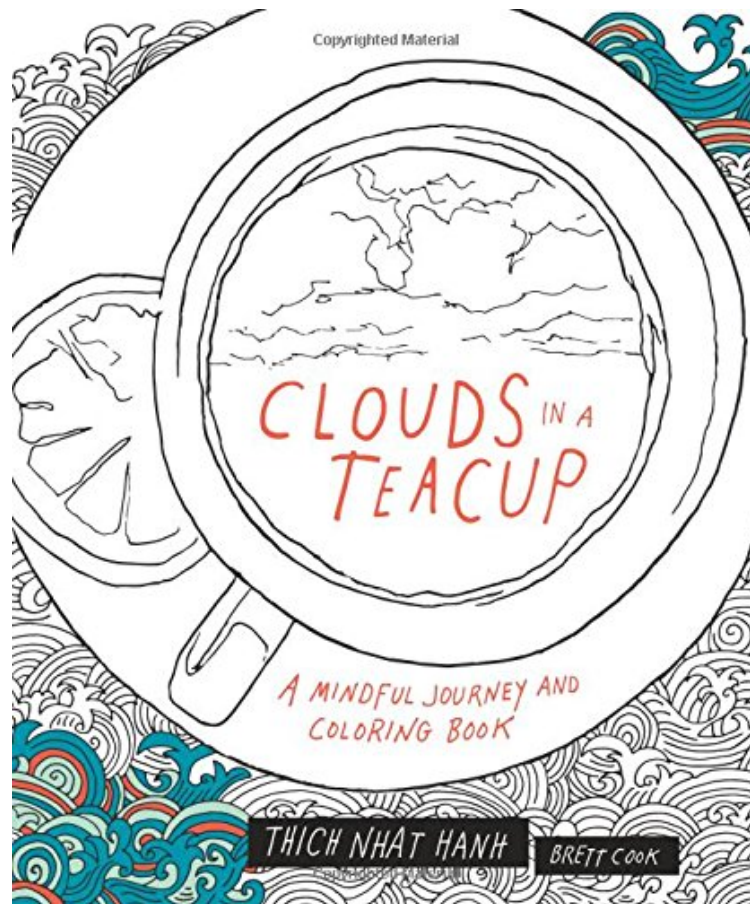


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Clouds in a Teacup: A Mindful Journey and Coloring Book

Thich Nhat Hanh

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#334430 in Books 2015-12-08 2015-12-08 Original language: English PDF # 1 11.00 x .38 x 9.251, .95 #File Name: 194152913580 pages | File size: 17.Mb

Thich Nhat Hanh : Clouds in a Teacup: A Mindful Journey and Coloring Book before purchasing it in order to gauge whether or not it would be worth my time, and all praised Clouds in a Teacup: A Mindful Journey and Coloring Book:

8 of 8 people found the following review helpful. This is a beautiful book. I love to use it as a ...By momentos-cumbres This is a beautiful book. I love to use it as a meditation aid while also listening to binaural beats. I recommend using Sharpie's line of colorful highlighters to navigate the small edges and pieces of the coloring pages. Expect each small piece to take around 60 minutes or more of solid meditation to complete, or do small bits and pieces and come back multiple times. This is definitely not a coloring book you can do without concentrating. 5 of 5 people found the following review helpful. Great for kids adults, Refreshing words representations of humans, nature, multicultural communities, peace mindfulness!!! By Nancy Dulberg William Dane Just getting back from a weekend holiday celebration with my family where I spent lots of time coloring, collecting shells and making things mainly with my little cousin. I brought my favorite thin colored pens (but colored pencils, crayons, markers would be all good for this one). Not only is there plenty of space for coloring inside these beautiful, organic and very intricate hand done line

drawings, there's also a lot of space for making your own drawings or messages which my little cousin also loved. FINALLY there is a coloring book that represents multicultural communities, nature, treasures AND promotes positive intentional human connections through its imagery and word choice!!!! The collaboration of the authors is seamless and quite stunning as well which I would attribute to a real practice of the main themes the book features, "We are all connected We Inter-Are"'ll go on :) I would say another cool thing about this book is each time you open it you discover something new, and it just came out so I just started getting to know it and I've already noticed lots of sweet details, thoughtful lines..etc. It really is a chance to meditate and reflect and I would also say, especially for early readers, a great chance to foster notions of peace, coexisting, connecting with our breath through reading the sentences in the book. So I have to say, I ordered 3 copies (one for myself--which I have been sharing time w family), one for my sister and her daughter (my niece--age 7) and one for my mother (because she's a teacher and I believe this book is also a great resource for developing fun, engaging ways to talk about important topics like wellness, community, and peace while actually practicing the connections in a meditational way. So as you can see I already feel like I need to order at least 3 more! In summary, This book is a beautiful innovative refreshing and super engaging spin on what might come to mind when you think of a coloring book. It really is a book that people of all ages can enjoy and experience together!! Highly recommended for gift to self, family, friends, students, teachers, artists, makers, lovers of nature, and really anybody!!! - E.D.4 of 4 people found the following review helpful. so lovely By juliayoloI knew not to expect one of the 'art therapy' adult coloring books when I ordered this, and what I received exceeded my expectations. Brett Cook is an amazing artist whose work provocatively invokes us to pay attention to the diversity in our world, to honor those often unseen and certainly under-represented in our communities. Pairing his open-ended line drawings with the teachings and phrases of our beloved Thich Nhat Hanh offers me a chance to deeply internalize feelings of peace and invites that often hidden creative side of myself to step forth a little bit. I have been using colored pencils to work the drawings and I find myself getting lost in the intricacies of the work. I am so glad to have this gem waiting for me at the end of a long day.

As soon as you open the cover of *Clouds in a Teacup*, you step into a contemplative journey of your own creation. Oakland, California artist and activist Brett Cook invites you to shed your stress and worries to consider the wisdom of Thich Nhat Hanh during the relaxing process of coloring. His evocative black and white images nurture your own creativity; the resulting pictures will reflect your vision. *Clouds in a Teacup* balances reflection and action, providing a personal springboard to contemplation and expression. Everyone has creativity within them, and these drawings nurture the meditative potential of the process, helping to relieve stress and increase joy, and rewarding you with compelling final images. The 40 images, including double page spreads, are printed on the highest quality recycled paper through which gel and colored pens will not bleed.

About the Author Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Happiness and Peace Is Every Step*. He lives in Plum Village in southwest France, where he teaches the art of mindful living. Brett Cook is an artist and educator who has produced installations, exhibitions, curricula, and events widely across the United States and internationally. His work often involves community workshops and collaborative art, along with music, performance, and food. He has taught at all academic levels in a variety of subjects. He has received many awards, and was selected as a cultural ambassador to Nigeria as part of the U.S. Department of State's 2012 smARTpower Initiative and was A Blade of Grass Fellow for Socially Engaged Art in 2014. His work is in private and public collections including the Smithsonian/National Portrait Gallery, the Walker Art Center, and Harvard University. Cook lives in Oakland, CA with his family.