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# I Am Peace A Book Of Mindfulness

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Shantaram

My Kicks

War and Peace

The Three Little Yogis and the Wolf Who Lost His Breath

You and Me

I am Malala Yousafzai

Peace is an Offering

I Am Peace

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## VILLEGAS KENT

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**Shantaram** Albert Whitman & Company

Encourage kids to find their inner strength with this companion to the New York Times bestsellers *I Am Human* and *I Am Love!* I move ahead one breath at a time. I act with bravery. I am courage. When we picture someone brave, we might think they're fearless but real courage comes from feeling scared and facing what challenges us anyway. When our minds tell us "I can't," we can look inside ourselves and find the strength to say, "Yes, I CAN!" From the New York Times bestselling team behind the *I Am* series comes a triumphant celebration of everyday courage: believing in ourselves, speaking out, trying new things,

asking for help, and getting back up no matter how many times we may fall. Grounded in mindfulness and awareness, *I Am Courage* is an empowering reminder that we can conquer anything. Inside, you'll also find exercises to inspire confidence.

*My Kicks* Penguin

The instant #1 New York Times and Indie bestseller! Hop aboard the Peace Train in this picture book adaptation of Cat Stevens's legendary anthem of unity and harmony in time for the song's 50th anniversary! With illustrations by New York Times bestselling illustrator Peter H. Reynolds. "Now I've been happy lately Thinking about the good things to come And I believe it could be Something good has begun Oh, I've been smiling lately Dreaming about the world as one And I believe it could be Someday it's going to come" Readers are invited to hop on the PEACE TRAIN and join its growing group of passengers who are all

ready to unite the world in peace and harmony. Featuring the timeless lyrics of Cat Stevens's legendary song and illustrations by New York Times bestselling artist Peter H. Reynolds, this hopeful picture book inspires tolerance and love for people of all cultures and identities.

*War and Peace* Penguin

I am human I am a work in progress Striving to be the best version of ME From the picture book dream team behind I Am Yoga and I Am Peace comes the third book in their wellness series: I Am Human. A hopeful meditation on all the great (and challenging) parts of being human, I Am Human shows that it's okay to make mistakes while also emphasizing the power of good choices by offering a kind word or smile or by saying "I'm sorry." At its heart, this picture book is a celebration of empathy and compassion that lifts up the flawed fullness of humanity and encourages children to see themselves as part of one big imperfect family—millions strong.

*The Three Little Yogis and the Wolf Who Lost His Breath* Grand Central Publishing

Hailed as one of the greatest novels of all time and a classic of world literature, *War and Peace* is a tale of strivers in a world fraught with conflict, social and political change, and spiritual confusion, Tolstoy's magnificent work continues to entertain, enlighten, and inspire readers around the world. Both an intimate study of individual passions and an epic history of Russia and its people, 'War and Peace' is nothing more or less than a complete portrait of human existence. Among its many unforgettable characters is Prince Andrey Bolkonsky, a proud, dashing man who, despising the artifice of high society, joins the army to

achieve glory. Badly wounded at Austerlitz, he begins to discover the emptiness of everything to which he has devoted himself. His death scene is considered one of the greatest passages in Russian literature. Terror swiftly engulfs the country as Napoleon's army marches on Russia, and the lives of three young people are changed forever. The stories of quixotic Pierre, cynical Andrey and impetuous Natasha interweave with a huge cast, from aristocrats and peasants, to soldiers and Napoleon himself. In *War and Peace* (1868-9), Tolstoy entwines grand themes—conflict and love, birth and death, free will and fate.

*You and Me* Abrams

Peace is making new friends. Peace is helping your neighbor. Peace is a growing a garden. Peace is being who you are. The Peace Book delivers positive and hopeful messages of peace in an accessible, child-friendly format featuring Todd Parr's trademark bold, bright colors and silly scenes. Perfect for the youngest readers, this book delivers a timely and timeless message about the importance of friendship, caring, and acceptance.

*I am Malala Yousafzai* Free Spirit Publishing

A celebration of love and connection for young readers Susan Verde and Peter H. Reynolds continue their collaboration with the fourth book in their bestselling wellness series. A celebration of love in all its forms, *I Am Love* asks readers to look inward when they feel afraid. Love allows us to act with compassion and kindness, to live with gratitude, and to take care of ourselves by practicing self-love.

*Peace is an Offering* Samaira Book Publishers

"It's fun to find ways I'm like you and you're like me. It's fun to

find ways we're different." In this colorful, inviting book, kids from preschool to lower elementary learn about diversity in terms they can understand: hair that's straight or curly, families with many people or few, bodies that are big or small. With its wide-ranging examples and fun, highly detailed art, *I'm Like You, You're Like Me* helps kids appreciate the ways they are alike and affirm their individual differences. A two-page adult section in the back provides tips and activities for parents and caregivers to reinforce the themes and lessons of the book.

Penguin

**INSTANT NEW YORK TIMES BESTSELLER** The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof  
Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have redefined what is medically possible in study after study
- **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness
- **Performance**—Increase your endurance, improve recovery time, up your mental game, and more
- **Wim's Story**—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph
- **Spiritual Awakening**—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, *The Wim Hof Method* is waiting for you.

#### **I Am Peace** Abrams

In this picture book for children and adults, illustrated by Jim Durk, who is adored by thousands of children for his many *Clifford the Big Red Dog* and *Thomas the Steam Engine* books, a young boy discovers his mind is like a puppy, always wandering away, into the past or the future. He sets about learning to train his puppy mind to heel to the present moment. Through

remembering to breathe, the boy becomes a stronger and more caring master of his puppy mind, keeping it in the present, if only for a moment. Includes a link to a discussion guide for parents and teachers.

*The Water Princess* Sounds True

This sweet, rhyming counting book introduces young readers to numbers one through 15 as Grandma's family and friends fill her tiny house on Brown Street. Full color.

Grandma's Tiny House Zondervan

Have you ever had a really big feeling? Whether they're happy or sad, feelings can sometimes be too much! But we can choose what we do with our feelings by Checking In. It's all part of understanding My Feelings, My Choices. The Capstone Interactive edition comes with simultaneous access for every student in your school and includes read aloud audio recorded by professional voice over artists.

The Wim Hof Method Little, Brown Books for Young Readers

Based on his own extraordinary life, Gregory David Roberts' *Shantaram* is a mesmerizing novel about a man on the run who becomes entangled within the underworld of contemporary Bombay—the basis for the Apple + TV series starring Charlie Hunnam. "It took me a long time and most of the world to learn what I know about love and fate and the choices we make, but the heart of it came to me in an instant, while I was chained to a wall and being tortured." An escaped convict with a false passport, Lin flees maximum security prison in Australia for the teeming streets of Bombay, where he can disappear.

Accompanied by his guide and faithful friend, Prabaker, the two enter the city's hidden society of beggars and gangsters,

prostitutes and holy men, soldiers and actors, and Indians and exiles from other countries, who seek in this remarkable place what they cannot find elsewhere. As a hunted man without a home, family, or identity, Lin searches for love and meaning while running a clinic in one of the city's poorest slums, and serving his apprenticeship in the dark arts of the Bombay mafia. The search leads him to war, prison torture, murder, and a series of enigmatic and bloody betrayals. The keys to unlock the mysteries and intrigues that bind Lin are held by two people. The first is Khader Khan: mafia godfather, criminal-philosopher-saint, and mentor to Lin in the underworld of the Golden City. The second is Karla: elusive, dangerous, and beautiful, whose passions are driven by secrets that torment her and yet give her a terrible power. Burning slums and five-star hotels, romantic love and prison agonies, criminal wars and Bollywood films, spiritual gurus and mujaheddin guerrillas—this huge novel has the world of human experience in its reach, and a passionate love for India at its heart.

*I Am Yoga* Abrams

Peace is on purpose. Peace is a choice. Peace lets the smallest of us have a voice. From a hello and pronouncing your friend's name correctly to giving more than you take and saying I'm sorry, this simple concept book explores definitions of peace and actions small and big that foster it. Award-winning authors, Baptiste Paul and Miranda Paul, have teamed up with illustrator Estelí Meza—winner of the 'A la Orilla del Viento' the premier Picture Book Contest Award in Mexico—to create an inspiring look at things we can all do to bring peace into our lives and world.

**I Am Love** Abrams

Winner of the 2019 Moonbeam Children's Mind, Body, Spirit Bronze Medal and a 2020 Mom's Choice Awards® Gold Recipient! An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions. Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, *Breathing Makes It Better* guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

*I Am Strong* Houghton Mifflin Harcourt

"This is one of the most amazing books I have read along the topic of spiritual growth. The knowledge you will gain from reading this book is mind-blowing! Many parts of this book will become 'ah ha' moments for you as you awaken to the truth and realities of our existence on this earth. Mandy puts into words what many have been feeling yet, didn't know how to express...We are at a place at this time in our existence that, as you read each chapter, you will find it speaks directly to your higher self as an affirmation to its truth. You will find that this is a book to be read, and re-read again and again as we grow along our spiritual development."~ Belle Salisbury, Owner and editor-in-chief of Bellesprit Magazine *I Am the Lotus, Not the Muddy Pond: Achieving Peace Through Non-Conformity* is a response to what author Mandy Peterson sees as a philosophical "split" that occurring within the mind and intentions of those who have been

part of the New Age movement for the past two decades. Providing numerous examples, she shows us the difficulties that arise when individuals pursue ascension and higher consciousness while being encouraged at the same time to remain locked in an unconscious mind-set of materialism that fosters anxiety, paranoia and fear, and which negatively impacts our individual and collective health, happiness and overall well-being. Throughout the book, Mandy explores the collective mind that has programmed us to think and believe things as we do. She shows how focusing too much on positives versus negatives can often influence us to reject our "darker" emotional side, and how this creates a lost sense of Self, and feelings of disconnection and unworthiness. Boldly challenging pop-culture ideas about the Law of Attraction, she shows how to understand more deeply what we are really manifesting in our lives, and turn it all around so we can create balance, inner peace and love—at a personal and planetary level. *I Am the Lotus, Not the Muddy Pond: Achieving Peace Through Non-Conformity* reveals how to un-weave our unconscious, self-destructive thought patterns, so we can rise above the "Muddy Pond" of conditioned beliefs and social conformity, and step into our true, unique and perhaps even radical essence—"The Lotus."

**The Museum** Abrams

Miss Fox is tired of hearing her young students quarrel. So she announces Peace Week—no more squabbling for one whole week! The children chime in with their own rules: no fighting, don't say mean things, and help others. Throughout the week each of the little animals gets a chance to practice this new behavior. When Polecat teases Bunny for wearing a bright yellow

sweater, instead of poking fun back at Polecat, Bunny admires his sweater. Soon, to their surprise, the animals are finding that it's easy to help others, take turns, and say nice things, even when someone is grumpy to them. Wouldn't it be nice, Squirrel says, if every week could be Peace Week?

Peace Is a Practice Abrams Appleseed

In nearly three decades, she walked more than 25,000 miles, carrying her possessions in her blue tunic and spreading her belief about peace: overcome evil with good, and falsehood with truth, and hatred with love.

**I Am a Peaceful Goldfish** Abrams

It's easy to get overwhelmed by all sorts of conflicting, difficult emotions. But psychology professor and personal development coach Dr. Peace Amadi can help you navigate the complexity of your emotions and live through them in healthy ways. With insights from both psychology and Scripture, this book offers you a clear plan to get your peace back and find your joy again.

Puppy Mind I Am Peace

A warm, comforting poem about finding peace in a community of neighbors Peace is an offering. A muffin or a peach. A birthday

invitation. A trip to the beach. Join this group of neighborhood children as they find love in everyday things—in sunlight shining through the leaves and cookies shared with friends—and learn that peace is all around, if you just look for it. With rhyming verse and soft illustrations, this book will help families and teachers look for the light moments when tragedy strikes and remind readers of the calm and happiness they find in their own community every day.

The Peace Book Abrams

The companion to I Am Yoga that celebrates mindfulness--now available as a board book! When the world feels chaotic, find peace within through an accessible mindfulness practice from the picture book dream team that brought us I Am Yoga and the #1 New York Times bestseller I Am Human. Express emotions through direct speech. Find empathy through imagination. Connect with the Earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Perfect for the classroom or for bedtime, Susan Verde's gentle, concrete narration and Peter H. Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level.

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