



The Lemonade Hurricane: A Story of Mindfulness and Meditation

Licia Morelli

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Selected as Notable Social Studies Trade Book For Young People 2016, a cooperative Project of the National Council for the Social Studies (NCSS) and the Children's Book Council

Emma doesn't really like hurricanes. After a busy day of school and activities, Emma likes to sit still and rest. Her little brother, Henry, does everything but. She calls him The Lemonade Hurricane.

Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breathe, Emma is able to calm the hurricane within Henry.

- A perfect introduction to meditation for young readers, presented in a captivating story.
- The illustrations bring the story to life with delightful whimsy.
- Includes a back-of-book presentation of simple mindfulness techniques that can be shared at home and in the classroom.
- In *Planting Seeds*, Thich Nhat Hanh, a Vietnamese Buddhist monk, teaches that by sitting still and meditating, the mind can become clear. Like Hanh's apple juice story, when a glass of lemonade is stirred, the pulp swirls around. When it sits quietly, the pulp settles and the liquid becomes clear. In this way, a glass of lemonade is a metaphor for how meditation and mindfulness work. That is why this book is called *The Lemonade Hurricane*.
- Practicing mindfulness and meditation helps us tame the hurricane within.

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Paul Otoole:

The actual book The Lemonade Hurricane: A Story of Mindfulness and Meditation has a lot of knowledge on it. So when you make sure to read this book you can get a lot of advantage. The book was written by the very famous author. This articles author makes some research previous to write this book. This book very easy to read you can get the point easily after looking over this book.

Christopher Ray:

In this era globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Often the book that recommended for you is The Lemonade Hurricane: A Story of Mindfulness and Meditation this guide consist a lot of the information of the condition of this world now. This particular book was represented just how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. Typically the writer made some study when he makes this book. That's why this book ideal all of you.

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