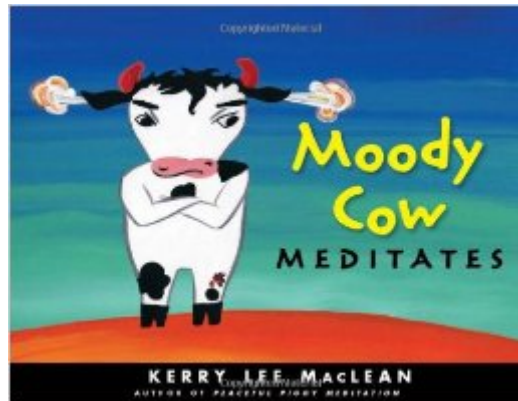


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# Moody Cow Meditates



## Synopsis

It all started one stupid, rotten day when everything went wrong... Peter the cow is having a BAD day. After missing the bus and wiping out on his bike he loses his temper and gets in trouble. To make matters worse all the other kids are teasing him, calling him Moody Cow. Peter's day just seems to get worse until his grandfather comes over and teaches him how to settle his mind and let go of his frustration through a simple and fun exercise. This vibrant and funny children's book is a playful way to introduce children to the power of meditation. With full color illustrations by the author, *Moody Cow Meditates* is a wonderful book for parents and children to share together.

## Book Information

Hardcover: 32 pages

Publisher: Wisdom Publications; 1 edition (September 1, 2009)

Language: English

ISBN-10: 086171573X

ISBN-13: 978-0861715732

Product Dimensions: 10 x 0.3 x 8 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews Â (113 customer reviews)

Best Sellers Rank: #10,102 in Books (See Top 100 in Books) #6 in Â Books > Children's Books > Literature & Fiction > Religious Fiction > Other Religious Fiction #35 in Â Books > Children's Books > Growing Up & Facts of Life > Family Life > Multigenerational #63 in Â Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Manners

Age Range: 4 - 8 years

Grade Level: Preschool and up

## Customer Reviews

I liked the author's prior book on meditation for kids, *Peaceful Piggy Meditation*, but I think I like this one even better. It is funnier, and teaches a meditation that many preschool and elementary age children will love. The story centers around a young cow/boy who has had a VERY bad day (thus earning him the nickname 'moody cow'). He has a bad dream, his sister bugs him, he misses the school bus, he gets in a bicycle accident - like I said, a VERY bad day. And he gets VERY angry. To help calm him down, his grandfather helps him make a 'mind-jar', where sparkles swirling in agitated water represent his angry thoughts. Then he 'meditates' on the mind-jar by watching it until all the sparkles settle peacefully at the bottom. At that point, of course, he is feeling much better himself

too. Not only is this a great way to introduce meditation (instructions for the mind-jar are included in the back), but it also provides a way to talk about difficult emotions, and the situations in kid's lives that make them feel that way, in an open and non-punitive fashion. And it's appropriate for parents, teachers, and kids of any religious (or non-religious) background - meditation is not presented within a religious framework. Highly recommend! EDIT 7/9/10 - I came back to edit this review after reading some of the other reviews. It is true that there is a lot more anger represented in this book than others, and that moody cow's expression of that anger - and his sister's - are pretty aggressive. And the mother's initial reaction to the behavior is punitive. But personally, I feel it has a fairy tale feel to it, because the characters are animals, and so these actions trigger discussion, but aren't presented as models for behavior.

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