



King Calm: Mindful Gorilla in the City

By Susan D. Sweet, Brenda S. Miles



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Meet Marvin. He's a calm and mindful gorilla living in the Great Big City. He is peaceful and composed and enjoys every minute of his day unlike his thumping, roaring, and former Empire State-climbing Grandpa! Readers are introduced to the concept of living mindfully in a creative, practical, and easy-to-apply way. Includes a "Note to Parents and Caregivers" by the authors.

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King Calm: Mindful Gorilla in the City By Susan D. Sweet, Brenda S. Miles Bibliography

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Editorial Review

Review

Mindfulness is so important for kids in this day and age, many of whom are being raised in a world of instant gratification, abundance of everything, and constant stimulation coming from screens. Marvin and Grandpa's mindfulness journey is a well-told example of how to exist in the moment, observe your surroundings, and stay calm instead of just looking for the next distraction.... Like many of Magination Press's books, *King Calm* is a fantastic primer for emotional health, written by people who know whereof they speak, and told in an accessible way for children. **Portland Book Review**

This lively and edifying children's book...makes a good case for mindfulness as a spiritual practice that brings alive our senses of tasting, seeing, feeling, smelling, and listening.... Highly recommended!

--**Spirituality & Practice**

King Calm: Mindful Gorilla in the City is expressly recommended, especially for family, preschool, elementary school, and community library picture book collections for children. --**Midwest Book Review**

King Calm is a wonderful gateway for teaching mindfulness to children. The narrative manages to give explicit instructions on being mindful without being pedantic or dull. --**Seattle Book Review**

Users Review

From reader reviews:

Rachel Garber:

Nowadays reading books become more and more than want or need but also become a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge the actual information inside the book this improve your knowledge and information. The data you get based on what kind of guide you read, if you want have more knowledge just go with schooling books but if you want feel happy read one having theme for entertaining for example comic or novel. The particular King Calm: Mindful Gorilla in the City is kind of publication which is giving the reader capricious experience.

Eric Sanders:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. In order to try to find a new activity this is look different you can read any book. It is really fun in your case. If you enjoy the book you read you can spent 24 hours a day to reading a book. The book King Calm: Mindful Gorilla in the City it is quite good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In case you did not have enough space to develop this book you can buy the e-book. You can m0ore quickly to read this book through your smart phone. The price is not very costly but this book offers high quality.

Arthur Bailey:

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Corinne Schlegel:

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