

REVIEWS

This is a fabulous book for children and anyone who works with them or loves them. Betsy and Mitch have written a wonderful book that is full of heart, humor, and wisdom. This book is truly special, and I recommend it highly.

*Dr. Rick Hanson, Ph.D., author of **Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom**, and **Just One Thing***

“Once people realize the power of meditation to evoke happiness and peace, they want to know how to bring it to our children. Here is a way to open the door! This charming, delightful, and wise book belongs in the hands of children everywhere.”

*Tara Brach, author of **Radical Acceptance** and **True Refuge***

“This wildly imaginative book chronicles Mitchell’s journey from victim of ‘Restless Brain Syndrome’ to meditator. Written in Mitchell’s unique and humorous voice, children will delight and relate to his difficulties at school, his frustrations at home, his snarky and playful attitude, and will witness his transformation through meditation. This joyful book is much needed for people of all ages to help cultivate more peace, self-awareness, and compassion.”

*Diana Winston, Director of Mindfulness Education at UCLA’s Mindful Awareness Research Center, author of **Wide Awake: A Buddhist Guide for Teens**, and **Fully Present: The Science, Art and Practice of Mindfulness***