



Peace, Bugs, and Understanding

Gail Silver

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Lily and her little sister Ruby are having a picnic when Ruby spoils their game of checkers. Lily lashes out but soon gets absorbed in a wonderful book, the story of her great grandfather's encounter with a strange looking frog-like creature called Anger. The precious old journal teaches Lily about Metta, a technique that has helped people transform anger into loving kindness for thousands of years. With original watercolors by award-winning illustrator Youme Nguyen Ly, *Peace, Bugs, and Understanding* is an invaluable tool for parents and teachers, and will help children learn to understand the causes of their own strong emotions, while teaching them peaceful ways to resolve difficulties through mindfulness and meditation.

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