



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:

Brandy Hagaman:

Do you among people who can't read enjoyable if the sentence chained inside straightway, hold on guys this aren't like that. This King Calm: Mindful Gorilla in the City book is readable by simply you who hate those perfect word style. You will find the details here are arrange for enjoyable studying experience without leaving actually decrease the knowledge that want to give to you. The writer of King Calm: Mindful Gorilla in the City content conveys the thought easily to understand by most people. The printed and e-book are not different in the articles but it just different by means of it. So , do you continue to thinking King Calm: Mindful Gorilla in the City is not loveable to be your top collection reading book?

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Earl Sanders:

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Helen Christopher:

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