



No Ordinary Apple: A Story About Eating Mindfully

Sara Marlowe

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On an otherwise ordinary day, Elliot discovers something extraordinary: the power of mindfulness. When he asks his neighbor Carmen for a snack, he's at first disappointed when she hands him an apple - he wanted candy! But when encouraged to carefully and attentively look, feel, smell, taste, and even listen to the apple, Elliot discovers that this apple is not ordinary at all.

Lushly and humorously illustrated, *No Ordinary Apple* makes a traditional technique for training mindfulness a fun and enjoyable way for children to learn to slow down and appreciate even the simplest things.

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Martin Williams:

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William Rockwood:

What is your hobby? Have you heard in which question when you got students? We believe that that issue was given by teacher to their students. Many kinds of hobby, All people has different hobby. So you know that little person such as reading or as examining become their hobby. You need to understand that reading is very important in addition to book as to be the factor. Book is important thing to include you knowledge, except your personal teacher or lecturer. You get good news or update concerning something by book. Amount types of books that can you decide to try be your object. One of them is actually No Ordinary Apple: A Story About Eating Mindfully.

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