



## The Buddha at Bedtime

By Dharmachari Nagaraja

Bolinda Audio, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Growing up in the modern world, our children have to cope with ever-increasing amounts of stress, which can hinder their development. The ancient wisdom of Buddhism, with its emphasis on peace, love, and compassion, is the ideal basis for helping any child to face these challenges with inner confidence and calm. Building on the age-old art of storytelling, this beautiful audiobook re-tells twenty ancient Buddhist tales in a way that is thoroughly fun and accessible to children. The stories will transport kids into an imaginary world of enlightenment and discovery where they will meet delightful characters and discover an easy-to-understand Buddhist message one that will help them think about how they can apply values such as patience, perseverance, honesty, and generosity to their own lives.



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