



## Big Sky Mind

**Whitney Stewart  
Sally Rippin**

You know when you're having a really bad day and nothing seems to go right? You feel scared, sad and mad all at the same time, and you don't know what to do.

This little book about mindfulness can help you.

It will teach you how to mediate and grow your heart.

It will help you create space around your feelings, accept yourself as you are and discover your inner wisdom.

With nine simple mindfulness exercises, you can learn how to soften your emotions, grow your heart, feel protected and discover your inner wisdom.

Mindfulness is the practice of being aware of and present in each moment. Through it, you can relax your mind, improve your health, and develop kindness to yourself and others. Mindfulness training is for anyone, no matter what age or background. It is not tied to any specific religion or cultural tradition, and requires no special equipment. The method is simple, but the mind is tricky. With practice, and attention, you can find your **Big Sky Mind** in every day life.

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### The Author

**Whitney Stewart** was born an adventurer. At 14, she hung off ice-cliffs, summited the Grand Teton, and dreamed of climbing the Himalaya. A sports injury led her to a yoga class where she learned to meditate. At 27, she trekked in Tibet, Nepal, and India where she met meditation masters, including the Dalai Lama. From them she learned more about mindfulness practice. Now she teaches mindfulness to children and college students in the United States.

### The Illustrator

**Sally Rippin** was born in Darwin, but grew up mainly in South-East Asia, moving country every two years for her father's work. As a young adult she lived in China for three years, studying traditional Chinese painting, then moved to France where she began work on her first novel. Now Sally lives in Melbourne, Australia, where she writes and illustrates full-time, though her feet still itch to travel. Sally has always been daunted by the prospect of meditation, but was inspired by Whitney's text to give it a try. Now she aims to do a short meditation once a day, even though her family might claim she's actually dozing.

Visit [www.sallyrippin.com](http://www.sallyrippin.com) for more information.

### Selling Points

- ◆ Easy guide to mindfulness, meditation and relaxation for children and young adults in 9 simple exercises.
- ◆ Excellent guide for children who are starting to meditate
- ◆ A powerful book to help overcome daily obstacles
- ◆ Best-selling Australian illustrator