



**Children's Books 2024**

# Afraid of the Light

A Story about Facing Your Fears

By Albert Strasser; Illustrated by Flavia Sorrentino

\$16.95 - Hardcover

## About the Book

A delightfully fun and rhythmic story about overcoming our fears and learning to try something new. With playful rhymes and incredibly rich illustrations, children and parents will delight in reading Ditter Von Dapp's journey. His realization that the light isn't something to be afraid of will help children learn to face their own fears—they just might open themselves up to a new world they never would have imagined and find a new friend in the process!

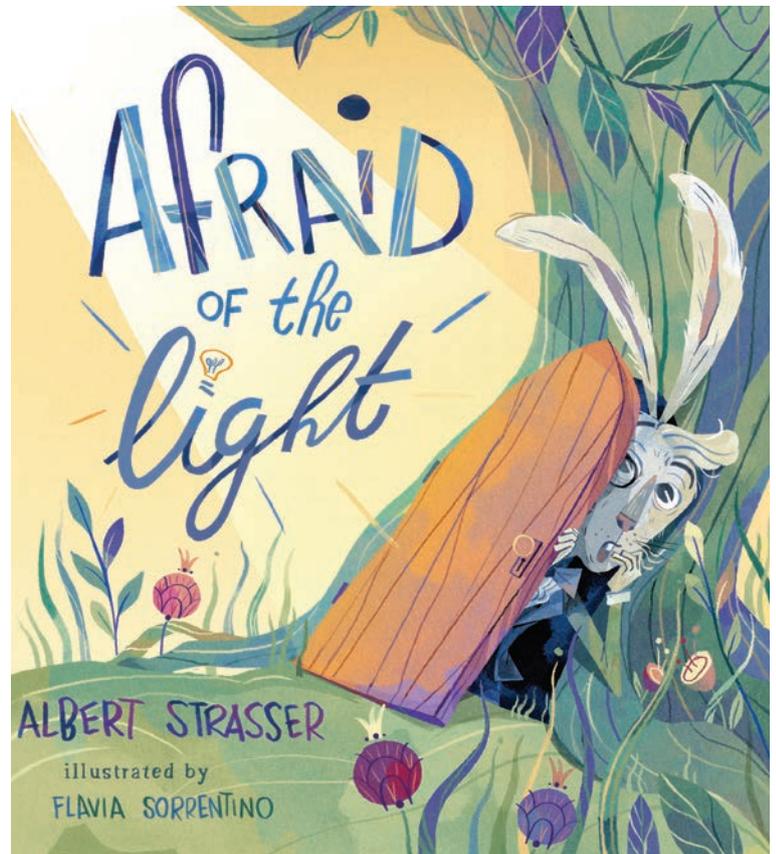
## About the Author

Born on San Juan Island, KING ALBERT KELLY STRASSER IV (typically just called Albert, much to his chagrin) considered growing up, thought better of it, and decided instead to begin writing stories for "the people who understand me." A Buddhist practitioner, dancer, poet, and eater of pastries, Albert currently resides somewhere new with his imaginary pet salamander, Sir Hugh Hamilton Rothschild.

## About the Illustrator

FLAVIA SORRENTINO lives and works as a freelance illustrator in Rome, where she grew up. She loves her city and the figure of speech, "Rome wasn't built in a day," which inspires her each day to seek new ways of communication and expression. She has worked hard on her technique which has taken her across the globe, from France to America and beyond!

Juvenile Fiction - Social Themes - New Experience  
 Juvenile Fiction - Social Themes - Emotions & Feelings  
 Juvenile Fiction - Humorous Stories



BALA KIDS  
 03/02/21  
 PAGES: 32  
 ISBN: 978-1-61180-814-8

# Animal Adventurer's Guide

How to Prowl for an Owl, Make Snail Slime, and Catch a Frog Bare-Handed—50 Activities to Get Wild with Animals

By Susie Spikol

Illustrated by Becca Hall

\$17.95 - Trade Paperback

## About the Book

Calling all animal lovers! 50 hands-on activities and adventures that bring you closer to wild animals than you've ever been.

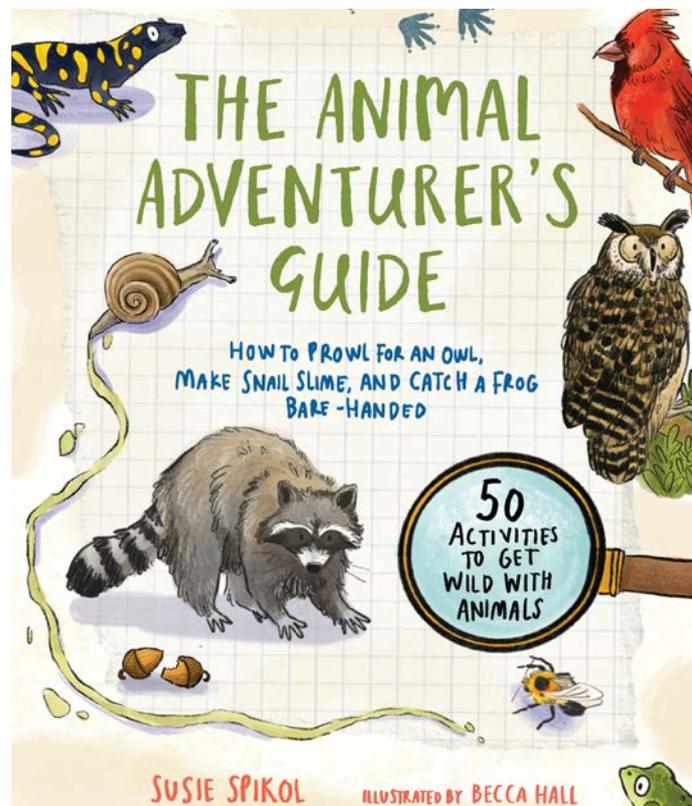
With 50 interactive activities that include talking like a chickadee, learning to sniff like a snake, and making your own fossils, this is your guide to having fun-filled adventures that will bring you up close and personal with the wild creatures right outside your door.

Learn how to:

- Safely track wild animals anytime of the year
- Hum to a snail and watch it peek out at you
- Turn your flashlight into a night vision light so you can spy on nocturnal animals
- Start your very own animal scat collection and impress your friends
- Catch a frog with your bare hands
- Build a wildlife blind and become invisible to the animals around you
- Find snake skins, insect skeletons, animal feeding signs, bird feathers, and more
- Keep a wild guide to your own backyard
- Take handy field notes on the secret lives of animals
- Go on fun scavenger hunts for things like dens, fur, nests, and even scat
- Packed with fun-filled animal illustrations by Becca Hall

## About the Author

SUSIE SPIKOL is a naturalist at the Harris Center for Conservation Education ([www.harriscenter.org](http://www.harriscenter.org)) in Hancock, NH. For over 30



years she has been helping people of all ages make positive and sustainable connections to the environment. When not catching frogs with preschoolers, tracking bobcats with middle-schoolers, or hawk-watching with her own three children, Susie spends her time writing about the natural world.

## About the Illustrator

BECCA HALL is an illustrator based in the Lake District, England. Her work appears across the United Kingdom on stationery and giftware, and in children's books.

Juvenile Nonfiction - Activity Books - General

Juvenile Nonfiction - Adventure & Adventurers

Juvenile Nonfiction - Animals - General

BALA KIDS

09/13/22

PAGES: 136

ISBN: 978-1-61180-953-4



# The Barefoot King

A Story about Feeling Frustrated

By Andrew Jordan Nance; Illustrated by Olivia Holden  
\$16.95 - Hardcover

## About the Book

A lighthearted story about the consequences of rash decisions and the importance of problem solving, responsibility, and acceptance for kids ages 4–8.

Told in rhyming couplets, *The Barefoot King* recounts the story of a young king named Creet who rules a land where people walk around with bare feet. Easily distracted, one day King Creet stubs his toe on a rock and is shocked by the pain. Never wanting to experience that discomfort again, the king decides to cover his whole kingdom in leather, with unfortunate consequences.

This short and playful story helps parents discuss concepts of acceptance, awareness, and responsibility with kids. Seeing the consequences of King Creet's decision, kids will learn to navigate challenges in their own lives and the opportunities for growth that obstacles provide.

## About the Author

ANDREW JORDAN NANCE is an educator with more than twenty-five years in the classroom and the author of *Puppy Mind* and *Mindful Arts in the Classroom*. For almost thirty years he taught performing arts to students from diverse backgrounds, and for eighteen years he was the Conservatory Director at San Francisco's New Conservatory Theatre Center.

## About the Illustrator

OLIVIA HOLDEN studied fine art, textiles, and English literature and obtained a degree with first-class honors in textile design at the University of Huddersfield. She enjoys creating painterly illustrations, playing around with color and composition, and drawing inspiration from everyday life and objects.

## Reviews

"A good first peep at mindfulness training if not at Buddhism."—*Kirkus Reviews*

Juvenile Fiction - Social Themes - Emotions & Feelings  
Juvenile Fiction - Social Themes - Values & Virtues  
Juvenile Fiction - Fairy Tales & Folklore - General



**Subrights Sold:**  
Portuguese (Brazil)

BALA KIDS  
06/16/20  
PAGES: 32  
ISBN: 978-1-61180-748-6

# Bodhi Sees the World

Thailand

By Marisa Aragón Ware

\$16.95 - Jacketed HC

## About the Book

Travel with Bodhi through seek-and-find illustrations as she takes a plane, boat, and tuk-tuk to explore a new country and culture in vibrant, bustling Bangkok, Thailand. Bodhi is high above the clouds, in a plane on her way to Thailand. She's never been to the city named Bangkok, and she's not certain what sights, sounds, and experiences await her there. Stepping into the streets, Bodhi suddenly finds herself a long way from home and not sure if she belongs in this new place. The city is a symphony of noises with horns beeping, engines roaring, and people speaking in Thai.

But after visiting the golden temple and quieting her mind, Bodhi begins to see that Thailand is not that different from home after all. Trees still grow tall, kids play games just like her friends, and a smile is the same in every language. With this new outlook, Bodhi opens her heart to the kindness and compassion already within and realizes that even though she is far away from the place she calls home, she is right where she belongs amongst the busy streets, Loi Krathong celebrations, and floating markets of Bangkok.

*Bodhi Sees the World* shares with children:

- A list of facts and information about the important landmarks and places Bodhi visits, including the Emerald Buddha, the Grand Palace, the Chao Phraya River, and the Damnoen Saduak Floating Market;
- How to say basic greetings and phrases in Thai;
- And introduces a new culture and customs.

## About the Author

MARISA ARAGÓN WARE is an illustrator and author living in Boulder, Colorado. Marisa garnered her deep appreciation of nature from a childhood spent enveloped in the forests and glades of the Rocky Mountains. Those formative experiences heavily influence both her art and outlook, and she strives to depict the beauty of the natural world to help others connect with its abundant primordial magic. Her first book, *Where's Buddha?* was published by Shambhala Publications.

## Reviews

"Informative, entertaining, original, *Bodhi Sees the World: Thailand* by author and illustrator Marisa Aragon Ware is especially and unreservedly recommended for family, daycare center, preschool, elementary school, and community library collections."—*Midwest Book Review*

Juvenile Fiction - Travel

Juvenile Fiction - People & Places - Asia

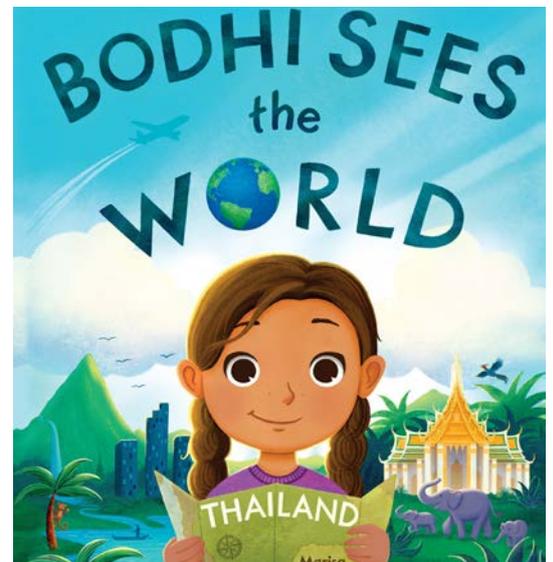
Juvenile Fiction - Social Themes - New Experience

BALA KIDS

09/21/21

PAGES: 32

ISBN: 978-1-61180-826-1



# Breathing Makes it Better

A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between

By Christopher Willard and Wendy O'Leary

\$16.95 - Hardcover

## About the Book



Winner of the 2019 Moonbeam Children's Mind, Body, Spirit Bronze Medal and a 2020 Mom's Choice Awards Gold Recipient!

An engaging and interactive story showing children ages 3–6 the power of breath when dealing with new and difficult emotions.

Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, *Breathing Makes It Better* guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

## About the Authors

DR. CHRISTOPHER WILLARD is an author and educator who teaches at Harvard Medical School and serves on the board of the Mindfulness in Education Network and the Institute for Meditation and Psychotherapy. An established speaker in both meditation and psychotherapy communities, he regularly leads workshops and presents at conferences around the world.

WENDY O'LEARY, MEd, is a holistic health educator and certified yoga teacher with over twenty-five years of experience developing and teaching programs with a focus on social-emotional learning, mindfulness, and mind-body strategies for well-being. She has extensive direct experience working with children and teens in schools, nonprofit organizations, and afterschool programs; she provides staff development trainings and parent workshops in addition to individual and group work with people from pre-K through adulthood.

Juvenile Fiction - Mindfulness & Meditation

Juvenile Fiction - Emotions & Feelings

Juvenile Fiction - Self-Esteem & Self-Reliance

A BOOK FOR SAD DAYS, MAD DAYS, GLAD DAYS,  
AND ALL THE FEELINGS IN-BETWEEN



CHRISTOPHER WILLARD AND WENDY O'LEARY



**Awards:** Moonbeam Children's Book Awards – Bronze Winner in the Mind-Body-Spirit / Self-Esteem category  
Mom's Choice Award – Gold winner

**Subrights Sold:** Polish, Portuguese (Brazil), Spanish

BALA KIDS

10/01/19

PAGES: 36

ISBN: 978-1-61180-469-0

# Buddhist Stories for Kids

Jataka Tales of Kindness, Friendship, and Forgiveness

By Laura Burges

Illustrated by Sonali Zohra

\$18.95 - HC Unjacketed

## About the Book

A wise and colorful collection of ten Buddhist fables, this modern telling of ancient Indian stories, centering around animals and nature, teaches vibrant and timeless life lessons. (Ages 4–8) Long ago, the Buddha told his followers Jataka Tales, or “birth stories,” about the many lifetimes he lived before he was born as Prince Siddhartha. In this beautiful retelling of ten such stories, the Buddha is introduced as the Queen of the Dogs, a loyal Parrot, a mischievous Monkey, a wise Lion, a brave Forest Owlet, and more.

Each story conveys important morals that are short, sweet, and to the point, giving children a handful of useful lessons to apply to their lives, like “Always try to do the right thing, even when no one else is watching.”

These tales are brought to life with stunning and dreamlike illustrations by Sonali Zohra (illustrator of *Ashoka the Fierce*), exploring in vivid detail how one’s actions affect others; the importance of kindness; the strength of friendship; the value of thoughtful decisions; and the importance of letting go and learning to forgive. With a beautiful paper-over-board package to tie it all together, this book will serve as a timeless and treasured offering for both children and adults.

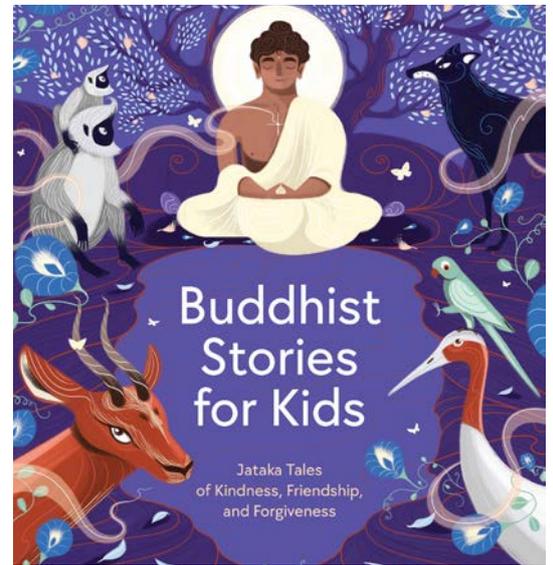
## About the Author

LAURA BURGES (Ryuko Eitai) is a lay entrusted Buddhist teacher in the Soto Zen tradition. She lectures, offers classes, and leads retreats at the San Francisco Zen Center and at other practice places in Northern California. She is the abiding teacher at Lenox House Meditation Group in Oakland. Laura taught children for 35 years and now mentors other teachers.

## About the Illustrator

SONALI ZOHRA is an illustrator from Bangalore, India. Her studio is watched over by a fairly wild and dangerous cat. She has a background in fine art and photography and holds a master’s degree in design. Sonali currently spends most of her time illustrating children’s books and is in the process of writing and illustrating one of her own.

Juvenile Fiction - Religious - Buddhist  
 Juvenile Fiction - Fairy Tales & Folklore - Country & Ethnic  
 Juvenile Fiction - Animals - General



**Subrights sold:** Chinese (complex), Portuguese (Brazil), French

BALA KIDS  
 12/06/22  
 PAGES: 76  
 ISBN: 978-1-61180-930-5

# The Down and Dirty Guide to Camping with Kids

How to Plan Memorable Family Adventures and Connect Kids to Nature

By Helen Olsson

\$24.95 - TR

## About the Book

The revised and updated edition of the best-selling guidebook that equips parents with all the confidence they need to embark on and enjoy the ultimate outdoor activity with their kids: camping.

Written by a seasoned camper, adventurer, and mother of three, this book is a practical, irreverent introductory guide to all things camping. Helen Olsson writes from a parent's point of view, giving readers a clear plan—and plenty of encouragement—for an enjoyable family camping experience. Whether you're planning a simple outing, a multiday trek with babies or teens, or camping with several families, *Down and Dirty* has you covered.

Each chapter features helpful checklists, including “Little Tykes” lists dedicated to items for babies and toddlers. The book focuses on car camping but nods to alternate ways to camp: backpacking, pull-behind campers, canoe/kayak trips, hut camping, and trips with pack animals.

The second edition is updated to reflect the latest products, outdoor etiquette, and lifestyles. You'll have guidance on:

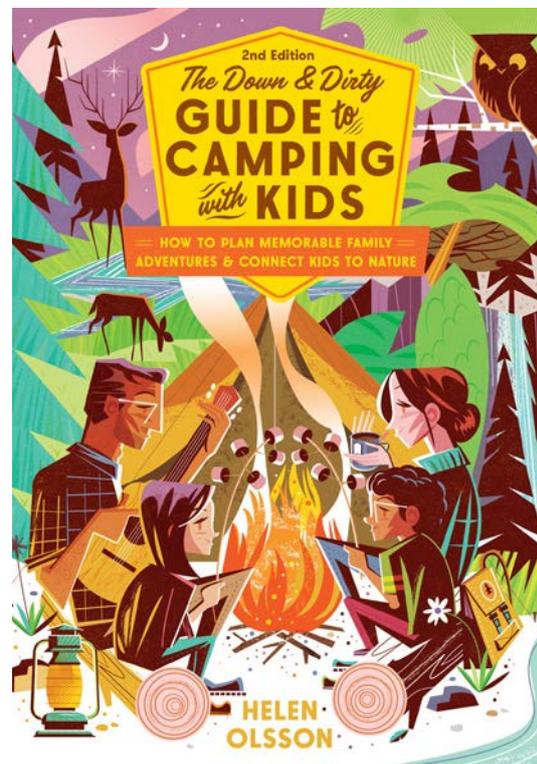
- choosing a destination,
- packing gear and food,
- setting up the campsite,
- planning menus,
- and staying safe.

This timeless camping resource addresses the myriad unique needs and concerns of parents and children.

## About the Author

HELEN OLSSON is a writer in Boulder, Colorado. She was the executive editor of *Skiing* magazine and is the editor in chief of *Epic Life* and *Modern Luxury Peak* magazines.

Winner of the Canadian Tourism's Northern Lights Journalism Award and a finalist in the Women's Sports Foundation's Sports Journalism Award, Olsson has written for publications such as *Self*, *Ski*, *The New York Times*, and more. She camps with her husband and their three children.



## About the Illustrator

SCOTTY REIFSNYDER is a Pennsylvania-based illustrator and designer. Scotty's work has brought fame and good fortune to such clients as Mountain Dew, Chronicle Books, Disney/Pixar, *GQ*, *Time Magazine*, *The Boston Globe*, *The New Yorker*, *The New York Times*, and *The Wall Street Journal*.

Sports & Recreation - Camping  
Family & Relationships - Activities  
Sports & Recreation - Outdoor Skills

ROOST BOOKS

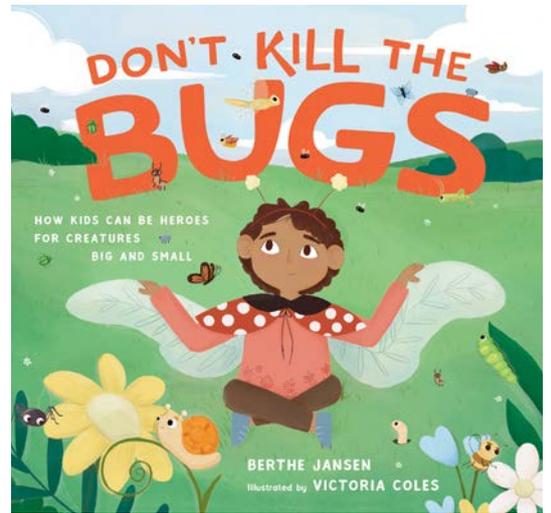
04/02/2024

PAGES: 288

ISBN: 9781645470939

# Don't Kill the Bugs

How Kids Can Be Heroes for Creatures Big and Small



BALA KIDS  
03/07/23  
PAGES: 32  
ISBN: 978-1-61180-909-1

By Berthe Jansen; Illustrated by Victoria Coles  
\$17.95 - HC

## About the Book

*Bugs are all around us, and with a simple mantra—be kind, don't kill!—children ages 3–7 can all be everyday heroes for the creatures with whom we share our world.*

Follow Bu and his new friends as they spend a lovely day adventuring through the park, encountering creatures who crawl and buzz all around us—bugs! From spiders and ladybugs to bees and beetles, this story shows kids that every living creature deserves our kindness and compassion. Kids learn to be still while a bee is buzzing and help a beetle that is trapped in water. Due to their small size, bugs are some of the first living beings that children come into contact with that they have control over. This book presents a clear and practical discussion of how we can live peacefully together with these creatures. Through these thoughtful interactions, they can see that these creatures aren't scary at all, and we can coexist with them.

## About the Author

BERTHE JANSEN is a Buddhist scholar, mother of two daughters, and Dutch translator for the Dalai Lama. She lived for over ten years in Dharamsala, India, where she learned Tibetan fluently. She has degrees in Buddhist Studies from Oxford and Leiden University and has published a book on Tibetan monastic communities. She also regularly translates for lamas at Buddhist centers and translates classic Buddhist texts. She is an assistant professor of Buddhist Studies at the University of Leipzig and is currently based in Amsterdam.

## About the Illustrator

VICTORIA COLES resides in Somerset, England, with her crazy cat and leopard geckos. She is constantly influenced by the beautiful countryside, its inspiring views and bountiful nature, creating the perfect backdrop for her creative endeavors. After completing her illustration degree, she is now beginning her adventures in children's book illustration.

Juvenile Fiction - Social Themes - Values & Virtues  
Juvenile Fiction - Animals - Insects, Spiders, etc.  
Juvenile Fiction - Social Themes - New Experience

# Everything Changes

And That's OK

By Carol Dodd

Illustrated by Erin Huybrechts

\$17.95 - HC Unjacketed

## About the Book

Change is all around, but it can be overwhelming! Explore how change exists everywhere in a way that is natural, and even beautiful, in this vibrantly illustrated book with fun rhyming couplets, for children ages 3 to 7.

“The moon is full, but then it’s gone, chased away by the dawn. Stars that shine all through the night disappear in morning’s light.

Everything changes, night to day.

Everything changes, and that’s OK.”

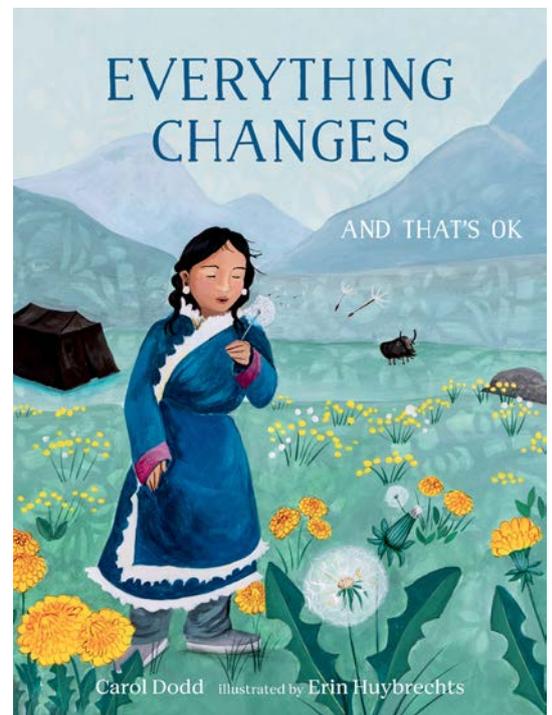
From an apple seed growing into a brilliant tree to a child watching a family member grow old, this book offers a thoughtful look at why change doesn’t always have to be negative and can instead be observed with appreciation. This beautiful exploration of impermanence is accompanied by vibrant illustrations that explore every corner of the world, from rolling fields in Tibet to the cozy, fireplace-lit living room of a family member’s home. The illustrations remind children that everything changes no matter where you are, no matter who you are, and that’s all right.

## About the Author

CAROL DODD is a resident of Hawai’i and loves living close to the ocean. She spent many years working in public and school libraries, giving her a deep appreciation for books of all kinds, especially children’s books. She has also worked as a reading tutor for elementary-school children through the Success for All Program. Carol strives to practice loving kindness and is inspired by the teachings of Ani Tenzin Palmo and the Dalai Lama.

## About the Illustrator

ERIN HUYBRECHTS-DAVIS has been an artist her entire life. A wanderer, traveler, philosopher, and naturalist, Erin has a constant stream of new ideas for producing works of art. Born in the Appalachian Mountains of Virginia and now residing in Colorado, the mountains and woods have served as a constant source of inspiration. The majority of Erin’s artworks contain elements of nature: animals, plants, weather, and ecosystems.



Juvenile Nonfiction - Social Topics - New Experience  
 Juvenile Nonfiction - Social Topics - Emotions & Feelings  
 Juvenile Nonfiction - Religion - Buddhism

BALA KIDS

09/20/22

PAGES: 32

ISBN: 978-1-61180-929-9

# Everything is Connected

By Jason Gruhl; Illustrated by Ignasi Font  
\$16.95 - Hardcover

## About the Book

Playful illustrations and funny, rhyming text show readers all of the many ways we are linked to every big, small, hairy, slimy, snuggly, scaly, floppy, flappy, bristly, buzzy, beautiful creature on Earth.

## About the Author

JASON GRUHL is the former executive director and founder of The Joshua School (a school for children with Autism Spectrum Disorders and Developmental Disabilities in Boulder and Denver, CO) and a psychotherapist. Jason holds a master's degree in counseling psychology and a bachelor's degree in English and psychology.

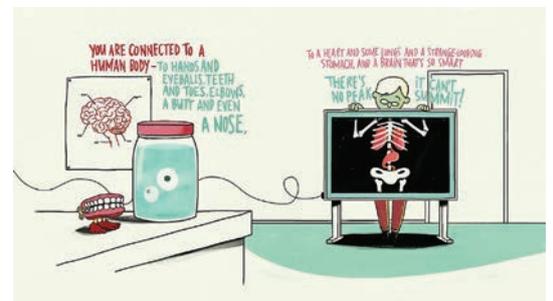
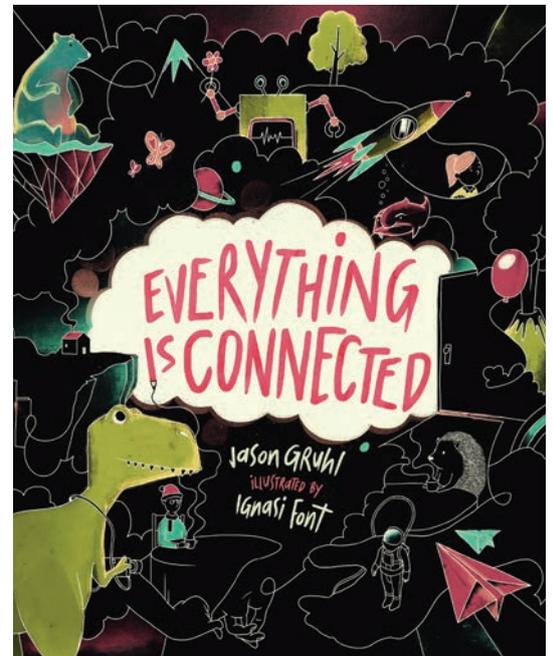
## About the Illustrator

IGNASI FONT is an award-winning artist and illustrator. As art director for Bungalow Studio, he creates expressive and poetic ways to communicate ideas through animation, music artwork, editorial illustration, and children's books. Art connects us all—even "strangers in Spain." Ignasi and his family live in Barcelona, Spain.

## Reviews

"One of Bala Kids's inaugural releases, this waggish picture book takes its title to heart, emphasizing readers' connection to an eclectic roundup of people, objects, and phenomena."—*Publishers Weekly*

Juvenile Nonfiction - Social Topics  
Juvenile Nonfiction - Values & Virtues  
Juvenile Nonfiction - Religion - Buddhism



**Subrights Sold:** Italian, Polish, Spanish

BALA KIDS  
02/05/19  
PAGES: 36  
ISBN: 978-1-61180-631-1

# Feeling All the Feelings Workbook

A Kid's Guide to Emotions

By Brad Petersen; Illustrated by Betsy Petersen

\$16.95 - TR

## About the Book

*A journal-like workbook for kids ages 6–9 with 100+ activities and practices designed to foster emotional awareness and regulation and explore the importance of every feeling.*

What does it mean to be calm? Happy? Grouchy? Even lonely? This workbook explores all those feelings and more, designed with fun, interactive, and playful illustrations and 100+ activities that guide kids through the many ups and downs of their emotions.

Kids can write a disappointment diary, fill in their anger thermometer, write their emotional observations in fluffy clouds, perform a “jealousy diagnosis” on a page resembling a doctor’s clipboard, find words in an emotion-based word search, and more! Each emotion opens with questions—What is it? Why is it helpful? How do I recognize it?—prompting deeper thought about individual feelings (even those that kids might consider “bad”).

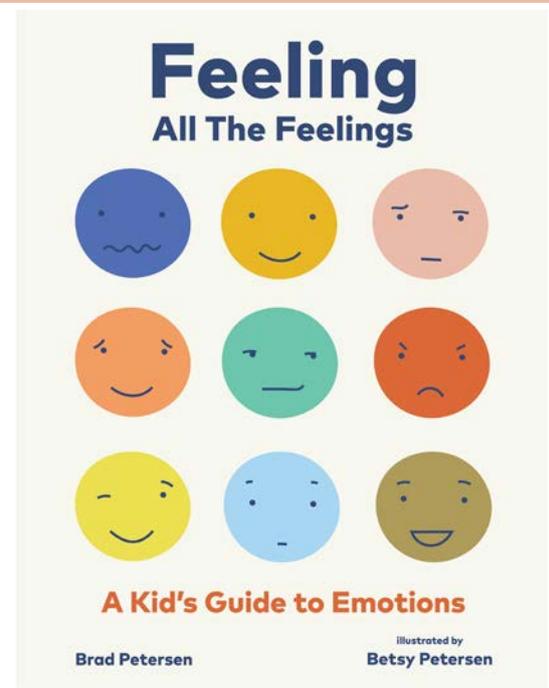
In addition, young readers can learn mindfulness techniques such as using their senses to ground themselves, doing a body scan, or sitting silently and feeling gratitude for those who give them strength. With 19 emotions and tons of activities and reflections to explore, kids (and caregivers) can look forward to hours of engaging emotional exploration.

## About the Author

BRAD PETERSEN started his path in education as a teacher in Houston, TX. He then went on to co-found, design, and build an innovative elementary school in Idaho: Future Public School. After leading Brighter Fun, a children’s social-emotional learning organization, Brad now works as a full-time writer. Brad loves riding bikes, reading books, and swimming. He lives in Michigan with his wife, two children, dog, and cat.

## About the Illustrator

BETSY PETERSEN is an artist, illustrator, and entrepreneur. She’s spent the past eight years building an art business and collaborating with creative organizations to create fun and playful designs for a wide variety of products. Betsy loves running, reading books, and playing outside. She lives in Michigan with her husband, two children, dog, and cat. You can find her on Instagram @betsypetersen.



Juvenile Nonfiction - Social Topics - Emotions & Feelings  
 Juvenile Nonfiction - Social Topics - Self-Esteem & Self-Reliance  
 Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

BALA KIDS

04/11/23

PAGES: 96

ISBN: 978-1-64547-075-5

# Feelings Deck for Kids

30 Activities for Handling Big Emotions

By Julie Kavanagh and Seth Shugar, MFT; illustrated by Erika Lynne Jones  
\$19.95 - Card Deck

## About the Book

A playful card deck that teaches kids ages 5–9 to name and feel emotions in their bodies, with 30 activities to regulate emotions and teach body awareness.

Lots of kids might say they feel “good” or “bad” but miss all the other emotions in between. For children to best recognize feelings in themselves and others, they first need to have words for those feelings. Featuring a range of 30 different emotions, from angry and sad to grateful and proud, as well as a meditation or mindful activity for each, kids can use these interactive cards to develop their emotional intelligence and gain self-acceptance. They’ll find ways to better understand feelings, build self-compassion, and share their emotional experiences—all in a fun, interactive way.

The cards are illustrated with evocative ways that emotions can show up in the body to help kids start to recognize how they embody feelings—for example: “When I am worried, my mind feels tangled up like spaghetti noodles”; “When I feel scared, my belly feels cold like a popsicle”; “When I am excited, my chest feels fizzy like the bubbles in a soda.”

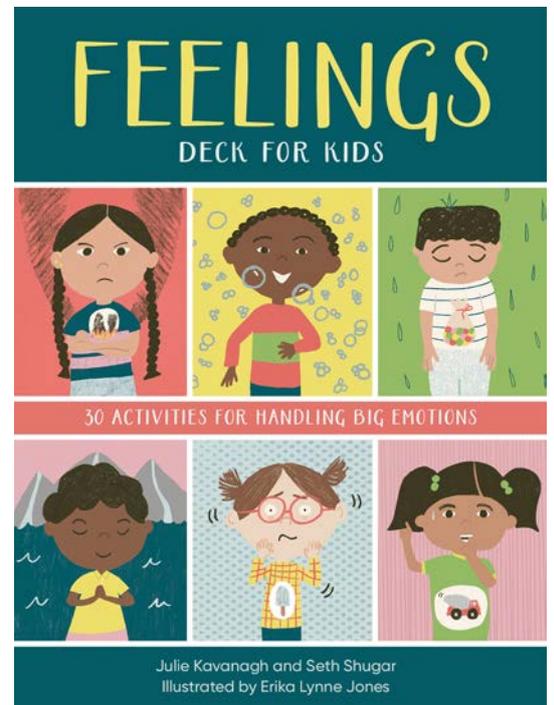
The deck includes meditation cards, guiding kids in simple mindfulness practices focused on the card’s emotion, and activity cards, featuring hands-on activities to regulate emotions like making a calming glitter jar, planting a seed of hope, blowing bubbles of frustration and watching them float away, and creating a “Gratitude Gumball” machine. The cards and a helpful introductory booklet are housed together in a colorful box.

## About the Authors

JULIE KAVANAGH works at Giant Steps, a leader in the field of autism in Montreal, to raise awareness and funds for the cause. With her husband, Seth Shugar, she cofounded Mindful Munchkins, a play-based parent and child mindfulness class. SETH SHUGAR practiced under Pema Chödrön at Gampo Abbey after attending McGill University. He’s now a therapist and a professor at Marianopolis College, where he also teaches meditation.

## About the Illustrator

ERIKA LYNNE JONES is a children’s book author and illustrator. She creates quirky characters and stories that affirm and celebrate cultures. Her creative mission is to show every child they are worthy of positive representations of themselves in literature.



Juvenile Nonfiction - Social Topics  
- Emotions & Feelings  
Juvenile Nonfiction - Social Topics  
- Self-Esteem & Self-Reliance  
Juvenile Nonfiction - Health &  
Daily Living - Mindfulness &  
Meditation

BALA KIDS  
03/26/2024  
PAGES: 30  
ISBN: 9781645471431



# Goodnight Love

A Bedtime Meditation Story

By Sumi Loundon Kim; Illustrated by Laura Watkins

\$17.95 - Hardcover

## About the Book

Share love with yourself, your people, and the world (alongside fun sloths) in this big-hearted bedtime meditation for children.

As the day comes to a close, *Goodnight Love* helps children (ages 2–5) connect to the warmth of their hearts through the power of lovingkindness. We show self-compassion by sending blessings to ourselves. We share love by sending blessings to our families and friends. And we build generosity by radiating blessings to all life. *Goodnight Love* brings the beautiful practice of lovingkindness into the ritual of bedtime, with lovable sloth characters that kids will love practicing beside. As the parent sloth guides baby sloth in a relaxing nighttime meditation, kids will wind down with intentionality too. The beautiful, peaceful art shows kids that everyone has a bedtime—even animals of the jungle.

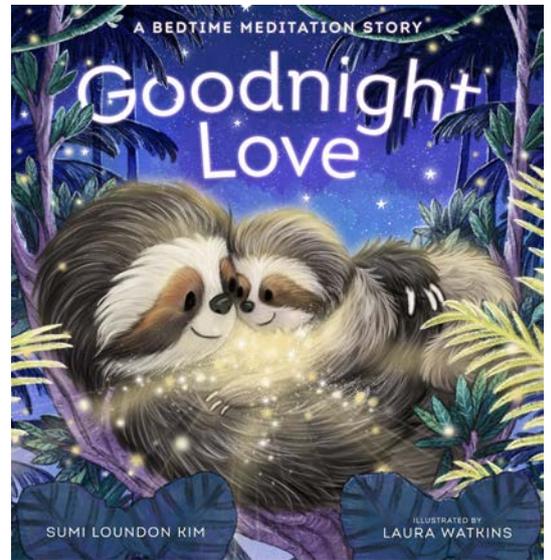
## About the Author

SUMI LOUNDON KIM is the Buddhist chaplain at Yale University and founder of the Mindful Families of Durham. She is the editor of the anthologies *Blue Jean Buddha* and *The Buddha's Apprentices*, and the author of *Sitting Together: A Family-Centered Curriculum on Mindfulness, Meditation, and Buddhist Teachings*. She is a frequent contributor to *Tricycle*.

## About the Illustrator

LAURA WATKINS has a great passion and love for stories. As a child, Laura was always drawing. Often she would run out of sheeted paper and resort to drawing upon huge rolls of wallpaper. Nowadays Laura happily draws from her floating studio, onboard a houseboat she has half-repaired.

Juvenile Fiction - Bedtime & Dreams  
 Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation  
 Juvenile Fiction - Social Themes - Emotions & Feelings



BALA KIDS  
 02/21/23  
 PAGES: 32  
 ISBN: 978-1-61180-944-2

**Subrights Sold:** Korean

# Happy Puppy, Angry Tiger

By Brad and Betsy Petersen

\$8.95 - Hardcover

## About the Book

A little book about BIG feelings. Aah, the sloth is feeling relaxed. Wow! The panda is surprised. Sometimes the mouse feels sad. Every day brings a different set of emotions for us to recognize and process, but young children often have a hard time connecting their emotions with the words they need to describe them. Featuring animal characters that are associated with 24 different emotions, *Happy Puppy, Angry Tiger* helps toddlers develop empathy and compassion by connecting with their own emotional experiences.

For ages 1–3.

## About the Authors

BETSY PETERSEN is an artist, illustrator, and entrepreneur. You may have purchased or seen one of her amazing portraits, greeting-card designs, children's clothing patterns, or another of her works.

BRAD PETERSEN started his path in education as a 4th grade teacher in Houston, TX. While teaching, he also developed and launched an app, Respongy, that lent kids a voice in the school cafeteria.

Juvenile Nonfiction - Social Topics - Emotions & Feelings

Juvenile Nonfiction - Social Topics - New Experience

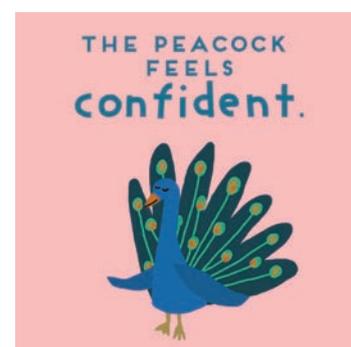
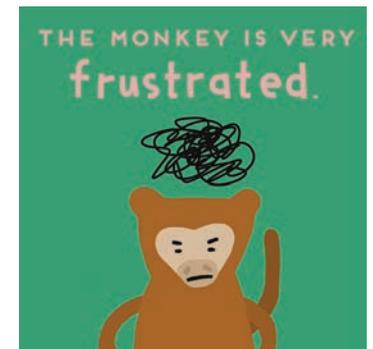
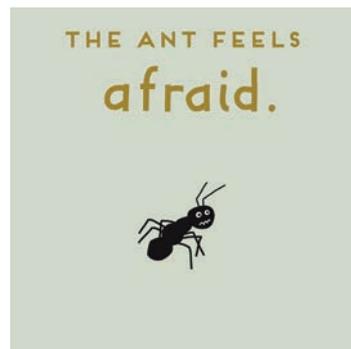
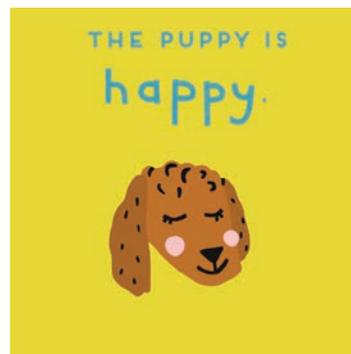
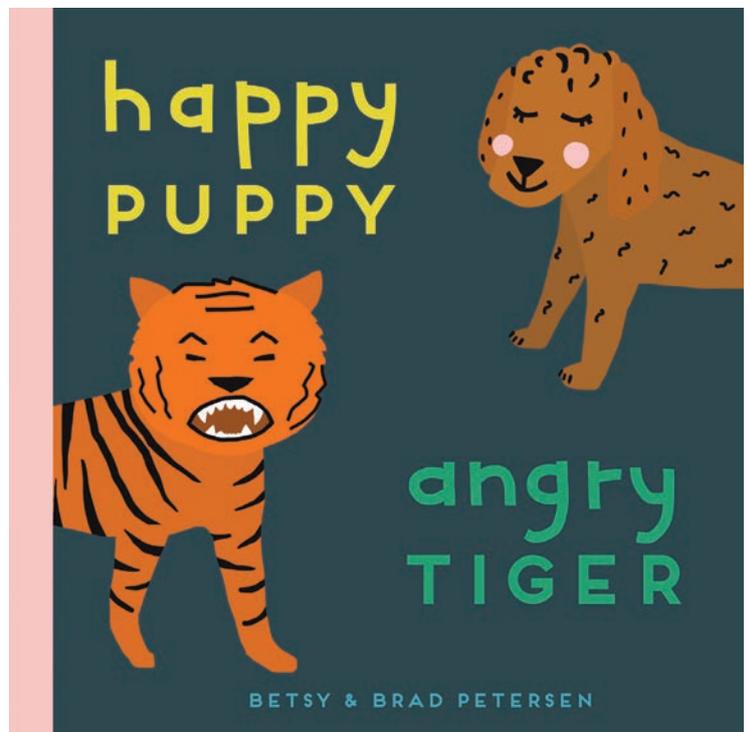
Juvenile Nonfiction - Inspirational & Personal Growth

BALA KIDS

04/13/21

PAGES: 24

ISBN: 978-1-61180-857-5



# The Hero of Compassion

How Lokeshvara Got One Thousand Arms

By Harry Einhorn  
 Illustrated by Khoa Le  
 \$18.95 - HC Unjacketed



## About the Book

The magical story of a compassionate hero who learns how to always care for others and to never give up—for kids ages 4–8. Lokeshvara shows us that with compassion, we can always pick up the pieces of a broken heart, and be stronger, more loving, and more wise than before.

Lokeshvara is a compassionate hero who lives above the moon. He tries to help every single being in the world but gets frustrated when he realizes that he can't save everyone. Lokeshvara becomes so disheartened that he explodes into a thousand pieces. With a little help from a wise friend and teacher, the pieces are put back together in a way that can benefit even more beings than before.

Lokeshvara's tale of compassion and resilience teaches us that even when we feel overwhelmed by the suffering we see in the world, we can still find creative ways to help those around us.

## About the Author

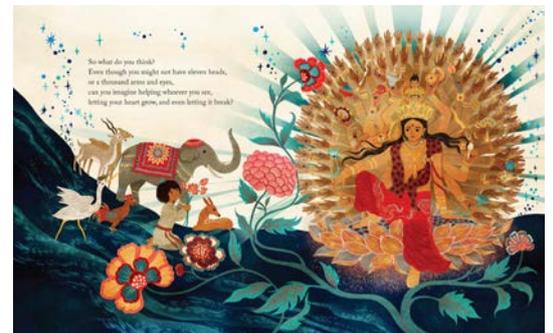
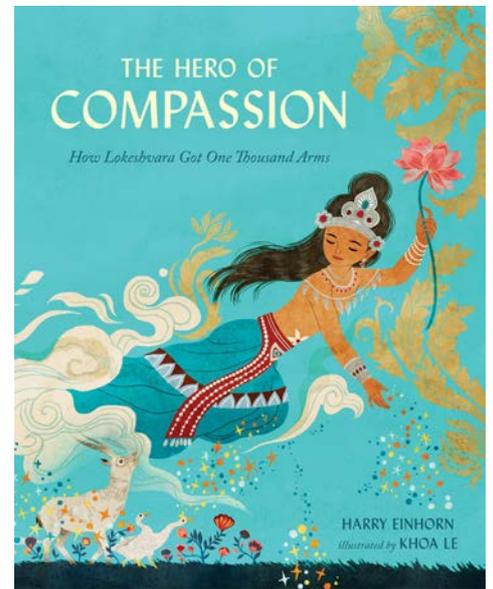
HARRY EINHORN is a composer, artist, and meditation instructor. He has helped coordinate Buddhist practice and study programs in Europe, North and South America, India, and Taiwan. Harry has over a decade of experience working with kids teaching art in theaters, schools, and museums, including the Rubin Museum of Art in New York. Harry currently resides in Taiwan where he lectures at a Buddhist university.

## About the Illustrator

KHOA LE is an illustrator, graphic designer, painter, and writer. She graduated from the Fine Arts University in Ho Chi Minh City. She has published several award-winning children's books, four of which she both wrote and illustrated. Her artwork has been featured in numerous exhibitions in Vietnam, Hong Kong, Singapore, and Korea.

Juvenile Fiction - Religious - Buddhist  
 Juvenile Fiction - Legends, Myths, Fables - Asian  
 Juvenile Fiction - Social Themes - Emotions & Feelings

**Awards:** National Parenting Product Awards (NAPPA) — 2023 Award



**Subrights Sold:** Chinese (Complex)

BALA KIDS  
 11/08/22  
 PAGES: 32  
 ISBN: 978-1-61180-978-7

# How Do You Know What You Know?

By Noa Jones; illustrated by Daniel Rieley  
\$18.95 - HC

## About the Book

A charming and inquisitive story that celebrates tracing the origin of ideas, language, and everyday objects, for children 4–8.

Where does snow come from? What language did the word thermos come from? And who was the Buddha's teacher?

So many problems in the world come from accepting information at face value without looking into where it comes from. *How Do You Know What You Know?* follows a child and their father on a cozy, snowy day outing. The child asks questions about how things came to be the way they are. The questions range from how the father knows how to tie a shoe to why it's not a good idea to eat yellow snow. These queries are met by the father with patience and humor that weave a delightful narrative of intergenerational knowledge sharing. In this exchange, respectful inquiry is beautifully modeled for young learners.

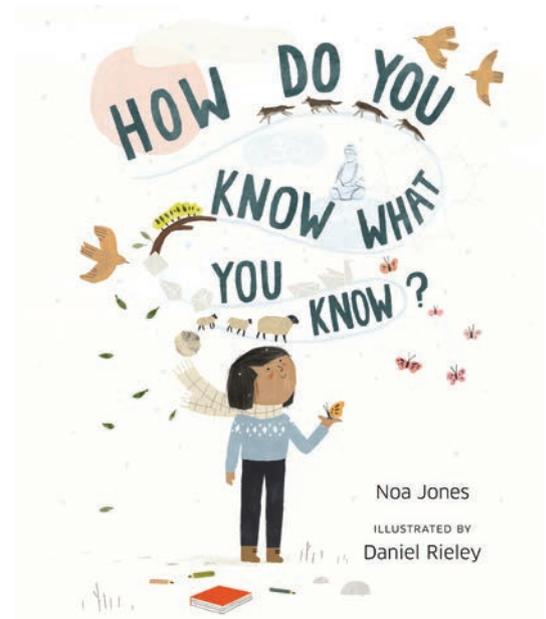
The journey includes an amble in the park, a trip to the library, a bus ride, and a visit to a local Buddhist temple where the father is a student. The teacher there introduces the child to the idea of lineage, that wisdom and understanding comes from generations of knowledge passed down from person to person. With a quaint and welcoming simplicity, the illustrations bring this beautiful story to life, and every spread has a subtle nod to the progression of how things come to be the way they are. The story encourages children's natural curiosity and shows them that everywhere they look there is a story to be told if we just ask.

## About the Author

NOA JONES is an educator, editor, and author. Her work can be found in *The New York Times*, *The Los Angeles Times*, *Tricycle*, *Buddhadharma*, *Vice*, *Lion's Roar*, and other publications. She is the founder and executive director of Middle Way Education, a nonprofit devoted to creating pathways for the dharma to enhance modern education. She was the founding chair of the board of trustees at the Middle Way School in upstate New York.

## About the Illustrator

DANIEL RIELEY is a freelance illustrator based in London. His work is influenced by his travels and "everyday adventures;" he finds hiking in remote landscapes, French cinema, the ocean, animals (the wild kind), interesting people, and surfing particularly rich sources of inspiration. Daniel works in a range of media, including pencils, watercolor, inks, and digital.



Juvenile Fiction - Social Themes - Values & Virtues  
Juvenile Fiction - Concepts - General  
Juvenile Fiction - Family - Parents

BALA KIDS  
10/03/2023  
PAGES: 32  
ISBN: 9781645471097

# I Am an Antiracist Superhero

With Activities to Help You Be One Too!

By Jennifer Nicole Bacon; illustrated by Letícia Moreno  
\$18.95 - HC

## About the Book

This empowering story inspires kids from all backgrounds to Look, Listen, Feel, and Act like antiracist superheroes, even in times of adversity (ages 4–8).

This book tells the story of 6-year-old Malik, who after learning about racism in the wake of the murder of George Floyd, decides to change the world by becoming an antiracist superhero. With the help of his parents and inspiration from historical figures like Rosa Parks and James Baldwin, Malik learns that even when he feels scared, he can still be a superhero by Looking, Listening, Feeling, and Acting!

Join Malik and his friends as they help other children feel safe, included, and empowered. Inviting children from all backgrounds to become superheroes, this touching story provides inspiration for children when faced with adversity.

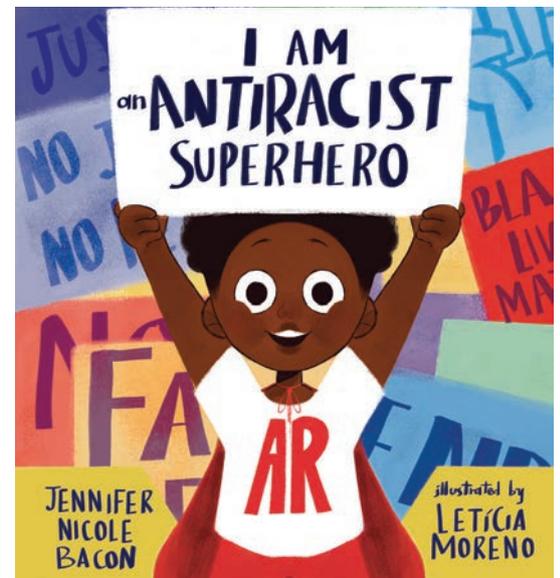
The book also includes a practical section including a glossary of relevant terms, as well as hands-on guided activities and practices (like creating a vision board and drawing their superpowers) that kids can do so that they can change the world around them by Looking, Listening, Feeling, and Acting like an antiracist superhero too!

## About the Author

DR. JENNIFER NICOLE BACON, aka “Dr. Jenn,” has a PhD in curriculum and instruction from the University of Maryland, College Park, and a MEd in Special Education from the University of Virginia. Dr. Jenn is an associate professor in Elementary Education, an associate dean of Undergraduate Studies, a mentor, and a writer. A former special education teacher, she currently teaches college students studying to become elementary school teachers. Committed to addressing issues of overrepresentation in special education, racial and gender equity, and writing for social justice, she participates in several professional associations and mentoring organizations.

## About the Illustrator

LETÍCIA MORENO is an illustrator in Rio de Janeiro who holds



a degree in art history and is represented by the T2 Agency in the United States. Her work focuses on the graphic representation of blackness in order to achieve a gentle and delicate form through her drawings, refusing stereotypes in order to humanize black bodies.

Juvenile Fiction - Social Themes - Activism & Social Justice

Juvenile Fiction - Social Themes - Self-Esteem & Self-Reliance

Juvenile Fiction - Social Themes - Prejudice & Racism

BALA KIDS

09/05/2023

PAGES: 32

ISBN: 9781645470984

# I Dream of Ganesha

By Sonali Zohra

\$18.95 - HC

## About the Book

After a hard day, Maya drifts into a dream where she meets an elephant-headed boy named Ganesha, who she learns to trust as her guide back home. Leading Maya with bravery, wisdom, and love, Ganesha teaches Maya how to overcome fear as they make their way through the challenging obstacles of a wild jungle. Upon waking, Maya is able to invoke the spirit of Ganesha as she starts her day.

The story is followed by resources for further learning about Ganesha, including an illustrated glossary of symbolism that kids can look for in the story. Of the hundreds of gods in Hindu mythology, Ganesha is one of the most beloved. Considered the guide to discovering the meaning of life and living it well, Ganesha is invoked within us whenever we choose to act like him—patient, kind, brave, thoughtful, and, above all, fearless..

## About the Authors

SONALI ZOHRA is an author/illustrator whose work is inspired by her love of nature, myth, and philosophy. Her illustrations evolve and grow as she does; she enjoys the process profoundly.

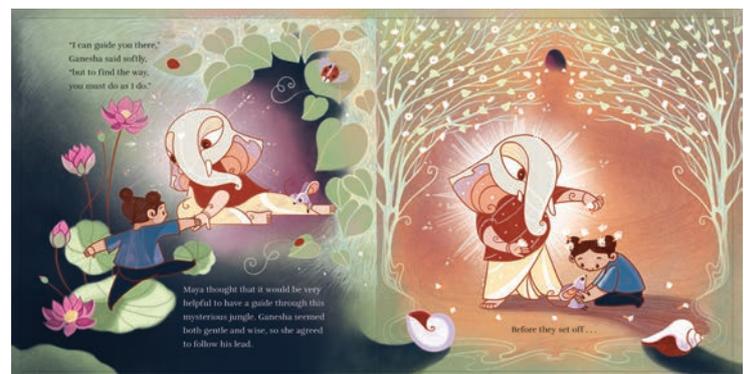
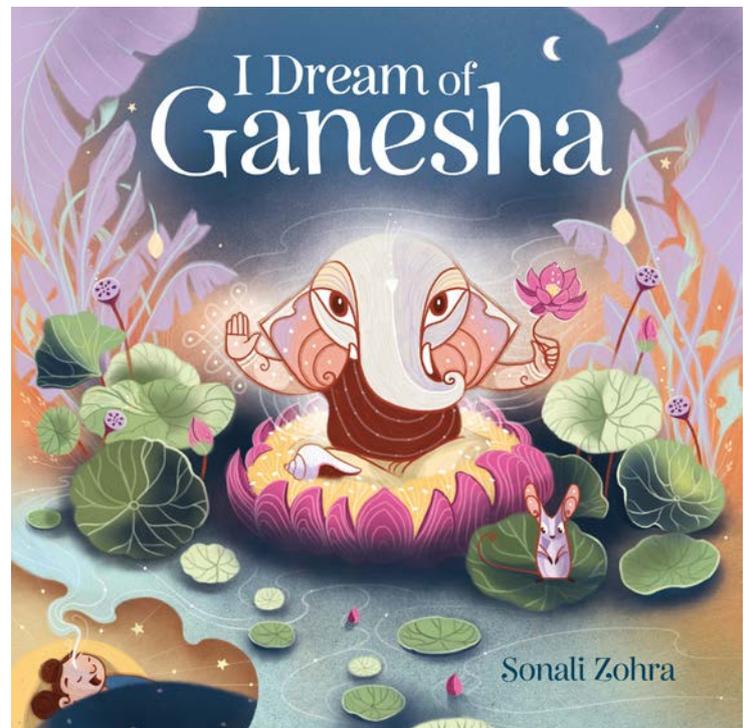
Juvenile Fiction - Religious - Hindu  
 Juvenile Fiction - Fairy Tales & Folklore - General  
 Juvenile Fiction - Social Themes - Emotions & Feelings

BALA KIDS

09/03/2024

PAGES: 32

ISBN: 9781645472957



# It's OK

Being Kind to Yourself When Things Feel Hard

By Wendy O'Leary; Illustrated by Sandra Eide  
\$17.95 - Hardcover

## About the Book

*This sweet book teaches children ages 3–7 the simple and profound power of self-compassion through simple affirmations that can be repeated when things are hard.*

All too often kids get down on themselves when they experience things that make them sad, angry, guilty, or jealous. It's amazing how powerful it can be to move past a difficult emotion when we think about all the other people feeling that same way and show ourselves some much needed kindness.

Sometimes I have to do something I don't want to do.

I feel really angry. . . .

Then I remember that everyone feels angry sometimes.

I put my hand on my heart, and here's what I say:

"It's OK—I love you. I'm with you today."

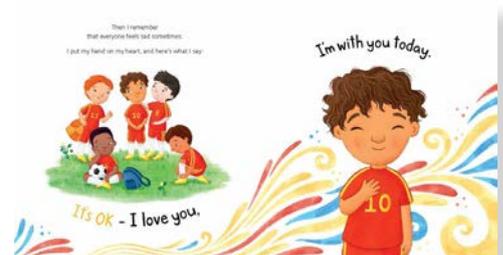
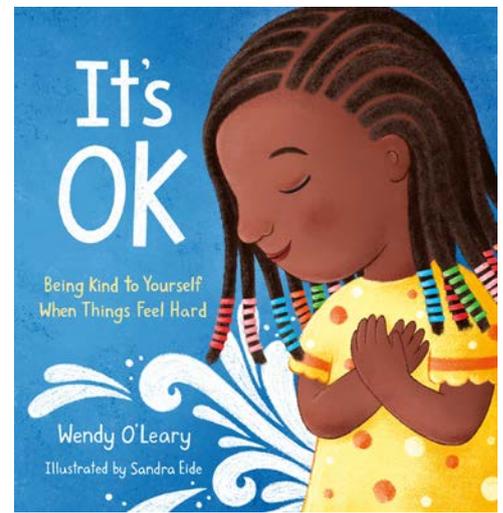
The main story is followed by 10 exercises focused on ways to develop self-compassion, such as Kind Voice, Kind Body, Kind Touch, and Hugging Breath.

## About the Author

WENDY O'LEARY, MEd, is a mindfulness educator and a certified meditation and yoga teacher with a long-standing personal meditation practice. Wendy's books are based on her 15-plus years of experience teaching mindfulness and skills for emotional awareness and regulation to children and "their adults." She is a certified parent educator and an online contributor to Mindful Magazine. She is the co-author of *Breathing Makes It Better* (Bala Kids, 2019).

## About the Illustrator

SANDRA EIDE is an illustrator living in Las Vegas, Nevada, with her husband and border collie. As a child, she either had her head in a book or was doodling her own stories. She is endlessly inspired by animals, nature, and friendships. You can see more of her work at [www.sandraeide.com](http://www.sandraeide.com) and follow her on Instagram @sandrallynneide.



Juvenile Nonfiction - Social Topics - Emotions & Feelings  
Juvenile Nonfiction - Social Topics - Self-Esteem & Self-Reliance  
Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

BALA KIDS  
03/28/23  
PAGES: 32  
ISBN: 978-1-64547-095-3

# I Am Thinking My Life

By Allysun Atwater

Illustrated by Stevie Lewis

\$16.95 - Jacketed HC

## About the Book

Bursting with imagination, this ode to positive thought demonstrates a young girl's ability to use the power of her mind to transform her world. (Ages 3–7)

"I am thinking my life. Every day, I am creating a universe. I am communicating with the world. I think stars. I see stars. I am stars. I think myself smiling. I see myself smiling. I am smiling. I am sculpting my world. I am clay. I am motion. I am light. I am what I think."

Follow along as a young girl discovers the relationship between her thoughts, actions, and her place in the world. This empowering story is all about dreaming, doing, and becoming, and how the power of positive thinking can transform our lives—and the lives of those around us—forever.

## About the Author

ALLYSUN ATWATER is an educator, author, and a non-practicing attorney. Allysun is a graduate of Southern Methodist University (SMU) with a bachelor's degree in English, and Stanford University with a master's degree in education and a juris doctorate. She has been a decades long practitioner of mindfulness and meditation, which have been key components in her chronic illness recovery plan. Allysun lives in the Houston area with her husband, twin daughters, and two shih tzus.

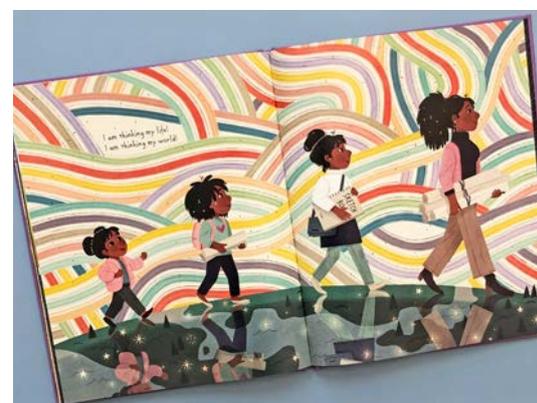
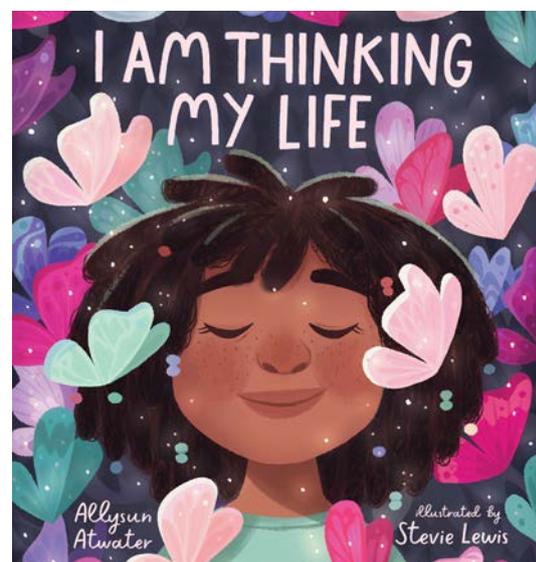
## About the Illustrator

STEVIE LEWIS is an illustrator, avid hiker, and rock climber. After working for several years in animation she now illustrates children's books. For part of the year, Stevie Lewis travels out of her van, furthering her passion for art and the outdoors. Her latest illustrated work includes *Moon! Earth's Best Friend* by Stacy McAnulty, *Where is our Library?* by Josh Funk, and the upcoming books *Tale of the Shadow King* by Daniel Haack and *Fatima's Great Outdoors* by Ambreen Tariq.

## Reviews

"In her debut picture book, Atwater creates an empowering look at imagining the life you want to live. Through the pages, readers see a beautiful Black girl with large eyes and beads adorning her locs. The story is well-suited for read-alouds where connections can be drawn and independent context provided. A welcome addition to early elementary and public libraries."—*School Library Journal*

Juvenile Fiction - Social Themes - Self-Esteem & Self-Reliance  
 Juvenile Fiction - Social Themes - Emotions & Feelings  
 Juvenile Fiction - Social Themes - Values & Virtues



BALA KIDS  
 02/15/22  
 PAGES: 32  
 ISBN: 978-1-61180-897-1

# I Am Quiet

A Story for the Introvert in All of Us

By Andie Powers  
 Illustrated by Betsy Petersen  
 \$16.95 - HC Unjacketed

## About the Book

Emile is not shy—he is quiet.

Emile may seem timid and shy on the outside, but on the inside he is bustling with imagination. While grownups and even other kids may see Emile as the shy kid who doesn't raise his hand in class, we know that Emile is actually a high-seas adventurer, a daring explorer, and a friend to wild beasts.

This story honors and encourages the beauty of knowing ourselves for exactly who we are. Emile's world shows us that the mind of a quiet child can be as rich, expansive, and bold as that of any other (more extroverted) child.

## About the Authors

ANDIE POWERS is a writer for Bravery magazine (braverymag.com), an empowering educational magazine for children featuring a brave woman in each issue who has significantly impacted the world. Her work for children has been published by *Root & Star*, *Brite Light*, and *Bravery*, and her recent writing and social media work includes clients Red Cap Cards and *Seattle's Child* magazine. In 2016, she released an illustrated nonfiction crafting book, *Print, Paint, and Ink: Over 20 Modern Craft Projects for You and Your Home*, co-authored with Emily Grosse and published by Taunton.

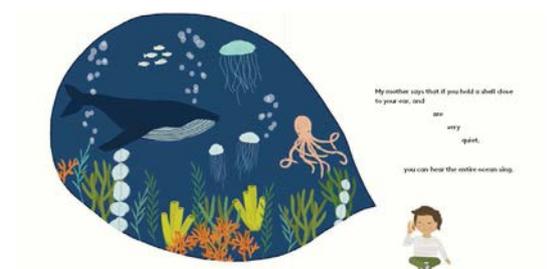
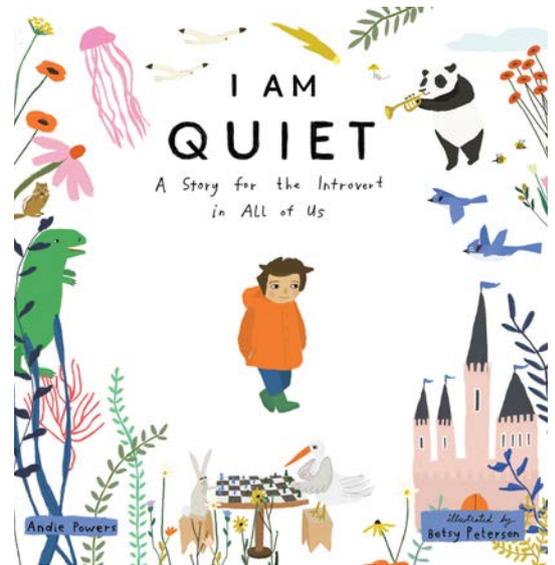
## About the Illustrator

BETSY PETERSEN is an artist, illustrator, and entrepreneur. She's spent the past seven years building her own art business —collaborating with organizations such as Papyrus, Minnetonka, Childhoods Clothing, and Bravery magazine. You may have purchased or seen one of her amazing portraits, greeting-card designs, children's clothing patterns, or another of her works. She is the co-author and illustrator of the forthcoming *Happy Puppy, Angry Tiger* (May 2021).

Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

Juvenile Fiction - Social Themes - Emotions & Feelings

Juvenile Fiction - Social Themes - Bullying



**Awards:** Goodreads Choice Awards – 2022 Winner

**Subrights Sold:** Dutch, Greek, Portuguese (Brazil), Spanish

BALA KIDS  
 04/12/22  
 PAGES: 32  
 ISBN: 978-1-61180-984-8

# Just a Thought

Exploring Your Weird, Wacky, and Wonderful Mind!

By Jason Gruhl

Illustrated by Ignasi Font

\$16.95 - Jacketed HC

## About the Book

A playful, read-aloud exploration of all the different thoughts we have every day and their role in our lives. “Sharks rule!” “That’s gross.” “I love tofu.” “Is she from Montreal?” Whether our thoughts are happy, sad, scared, excited, or worried, they come in a constant flow.

Through playful rhyming text and vivid, fun illustrations, *Just a Thought* introduces kids 4–8 to the way our lives are shaped by our thoughts. The story helps to teach self-awareness by recognizing negative self-thought and recurring thought patterns. Regardless of whether you have happy, weird, or mean thoughts—they are all just thoughts, and no single thought can define you. The magic of mind is that it’s a space where anything is possible!

## About the Author

JASON GRUHL believes that all kids are smart, brave, kind, and creative, and he writes books to help them remember that. As an author and psychotherapist for children and adults, Jason is dedicated to making a difference in people’s lives and to helping them realize their power and potential. Jason is a former special educator and the former executive director and founder of The Joshua School (a school for children with Autism spectrum disorders and developmental disabilities in Boulder and Denver, Colorado). He holds a master’s degree in counseling psychology ([www.gruhlcounseling.com](http://www.gruhlcounseling.com)). When not writing, Jason is addicted to scones, board games, reading, and watching sci-fi movies.

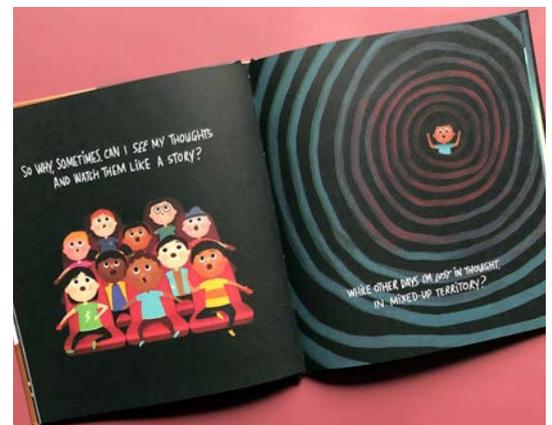
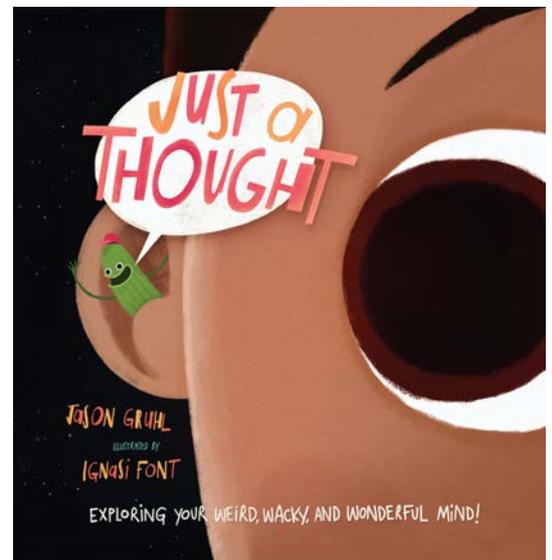
## About the Illustrator

IGNASI FONT is an award-winning artist and illustrator. As art director for Bungalow Studio, he creates expressive and poetic ways to communicate ideas through animation, music artwork, editorial illustration, and children’s books. Art connects us all—even “strangers in Spain.” Ignasi and his family live in Barcelona, Spain.

## Reviews

“Playfully serious thoughts about thinking for deep-thinking children.”—*Kirkus Reviews*

Juvenile Nonfiction - Social Topics - Emotions & Feelings  
 Juvenile Nonfiction - Curiosities & Wonders  
 Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation



BALA KIDS  
 09/21/21  
 PAGES: 32  
 ISBN: 978-1-61180-860-5

# Kindness Cards for Kids

52 Ways to Make Every Day a Little Better



By Nuanprang Snitbhan, PsyD  
\$18.95 - Card deck



## About the Book

Kindness takes time to blossom, just like a tree takes time to grow from a small seed. This colorful deck shares different ways kids can practice being kind to themselves, their families, their communities, and the earth every single day. Each card offers a simple reflection or activity that helps kids develop their strengths in four key dimensions of kindness: compassion, empathy, courage, and responsibility. Kindness can be challenging, but these cards make it fun; and the more we practice, the better we feel!

For ages 5–9.

## About the Author

NUANPRANG SNITBHAN, PsyD, is a clinical psychologist specializing in working with children, adolescents, and their families. Born in Bangkok, Thailand, she has lived in the United States since she was fourteen. The author of *Girl Time: A Mother-Daughter Activity Book for Sharing, Bonding, and Really Talking*, she has spoken to audiences in the United States and Asia on the subject of parenting, groupwork, and the challenges of treating children from non-Western cultures.

## Reviews

“In this lovely, simple card set, Nuanprang Snitbhan makes it easy for kids to plant seeds of kindness and compassion at home that will surely ripple out to their schools, communities, and beyond.”—Susan Kaiser Greenland, author of *Mindful Games*

“What a joy these cards are, with simple, elegant practices that help spread kindness like seeds to ourselves and the world around us. Practice for yourself, your family, and your larger community to truly be and create the change you want to see in the world.” —Chris Willard, author of *Breathing Makes it Better*

Juvenile Nonfiction - Social Topics - Emotions & Feelings  
Juvenile Nonfiction - Inspirational & Personal Growth  
Juvenile Nonfiction - Games & Activities - Card Games

Nuanprang Snitbhan, PsyD



**Awards:** National Parenting Product Awards (NAPPA) — 2020 Award

BALA KIDS  
09/22/20  
PAGES: 52 cards with 8-page booklet  
ISBN: 978-1-61180-834-6

# Krit Dreams of Dragon Fruit

A Story of Leaving and Finding Home

By Natalie Becher and Emily France; Illustrated by Samantha Woo  
\$17.95 - Hardcover

## About the Book

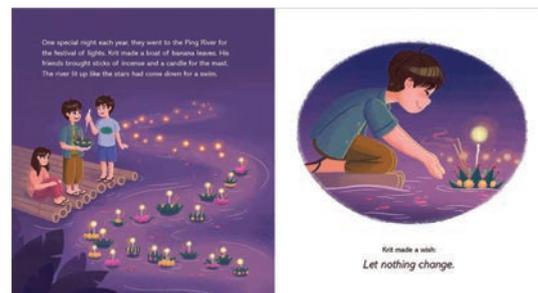
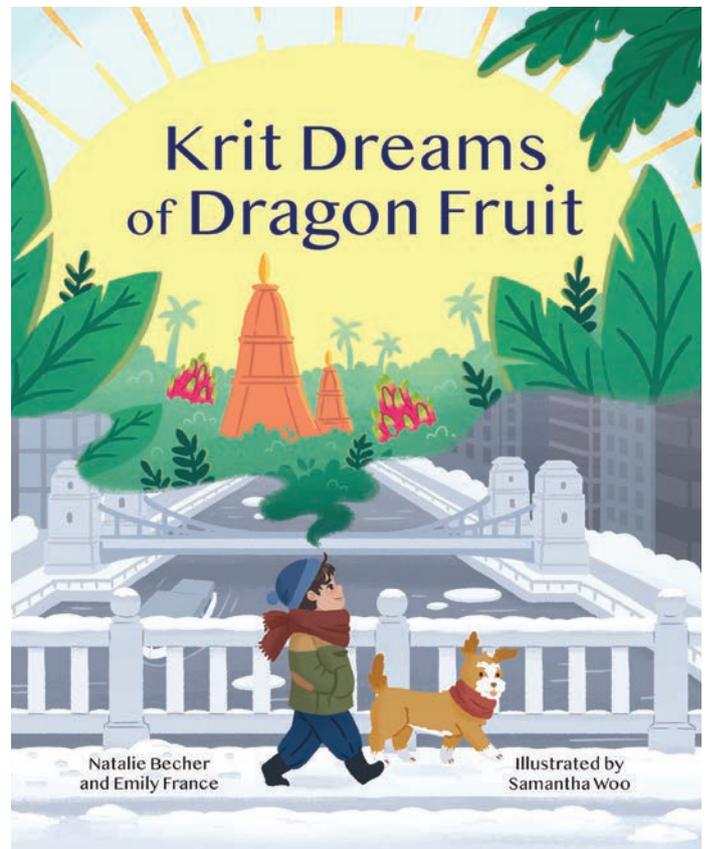
Krit and his dog, Mu, love their beautiful home in Thailand—full of golden temples, colorful mountainsides, and endless adventures. Everything seems perfect until Krit's mother announces they will be moving to the frigid city of Chicago. At first, Krit tries to adjust to this unfamiliar place, but he can't do any of the things he used to love. Missing Thailand, Krit asks his mother to tell him a story about home. But instead of a story, she gives Krit a koan—a Zen riddle—to puzzle through. Krit wonders what the story about a blade of grass and Buddha's smile have to do with home, but in solving the puzzle, Krit meets a new friend and learns that home is wherever he makes it.

## About the Authors

EMILY FRANCE is the critically acclaimed young adult author of *Zen and Gone* (a Washington Post Best Book for Young Readers) and *Signs of You*. She graduated from Brown University and also holds an MFA in creative writing and a JD.

NATALIE BECHER was born and raised in Bangkok, Thailand, and has moved all over the world. She graduated from Brown University and holds an MA in organizational psychology from Columbia University. Today, after living on three different continents, she has returned to Bangkok where she lives with her husband and two children.

Juvenile Fiction - Social Themes  
Juvenile Fiction - New Experience  
Juvenile Fiction - Religious - Buddhist



BALA KIDS  
03/24/20  
PAGES: 32  
ISBN: 978-1-61180-775-2

# Kuan Yin

The Princess Who Became the Goddess of Compassion

By Maya van der Meer; Illustrated by Wen Hsu  
\$17.95 - Hardcover



## About the Book

A princess-adventure story like none other, this ancient Chinese tale of the world's most beloved Buddhist hero is a story of sisterhood, strength, and following your own path.

Miao-Shan isn't your typical princess. She likes to spend her time quietly meditating with the creatures of the forest or having adventures with dragons and tigers. Miao-Shan's heart is so full of love that her dream is to spread happiness throughout the land and help people endlessly. But her father has other plans for her—he intends to have her married and remain in the palace.

With the help of her little sister Ling, Miao-Shan escapes and begins her journey to discover the true meaning of compassion. Eventually, Miao-Shan realizes her true calling as Kuan Yin, the goddess of compassion.

For ages 4–8.

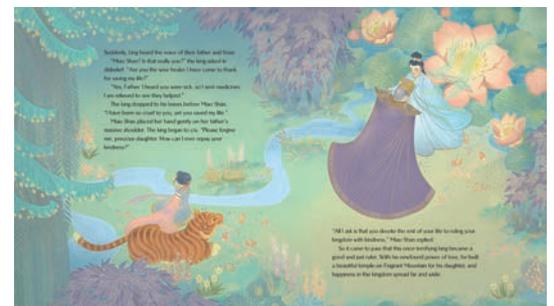
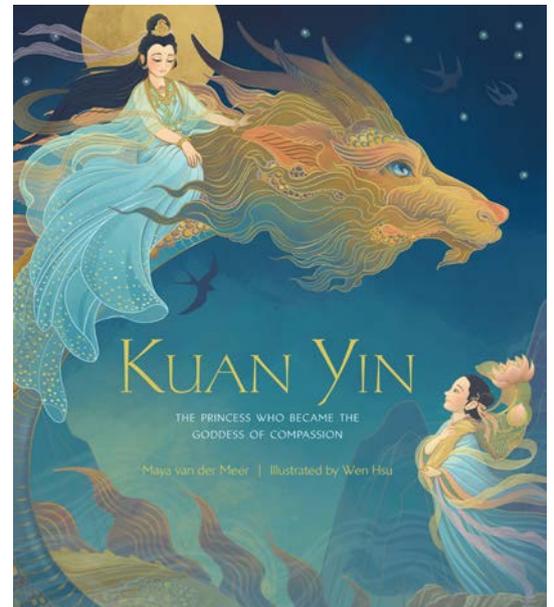
## About the Author

MAYA VAN DER MEER is an author, educator, environmentalist, and long-time Buddhist practitioner. She is the founder of the online education platform Bodhi Kids. Maya has run children's programs at meditation retreats and was an instructor at the Middle Way School in Woodstock, New York, where she currently lives with her life partner and their children.

## About the Illustrator

WEN HSU is a Taiwanese-Costa Rican illustrator. She has a wide range of styles, illustrating stories for children in Guatemala, Nicaragua, Costa Rica, India, Japan, Korea, and China. Wen has had a personal connection with Kuan Yin since she was a child, stemming from the bedtime stories her father told about the bodhisattva and the trips to the Kuan Yin temples in Taiwan she took with her grandmother.

Juvenile Fiction - Legends, Myths, Fables - Asian  
Juvenile Fiction - Religious - Buddhist  
Juvenile Fiction - Diversity & Multicultural



**Awards:** Moonbeams Children's Book Awards – Silver Winner "Best Illustrator"

**Subrights Sold:** French

BALA KIDS  
05/04/21  
PAGES: 32  
ISBN: 978-1-61180-799-8

# Leo Learns to Meditate

A Curious Kid's Guide to Life's Ups and Downs and Lots In-Between

By Francesca Hampton

Illustrated by John Ledda

\$17.95 - HC Unjacketed

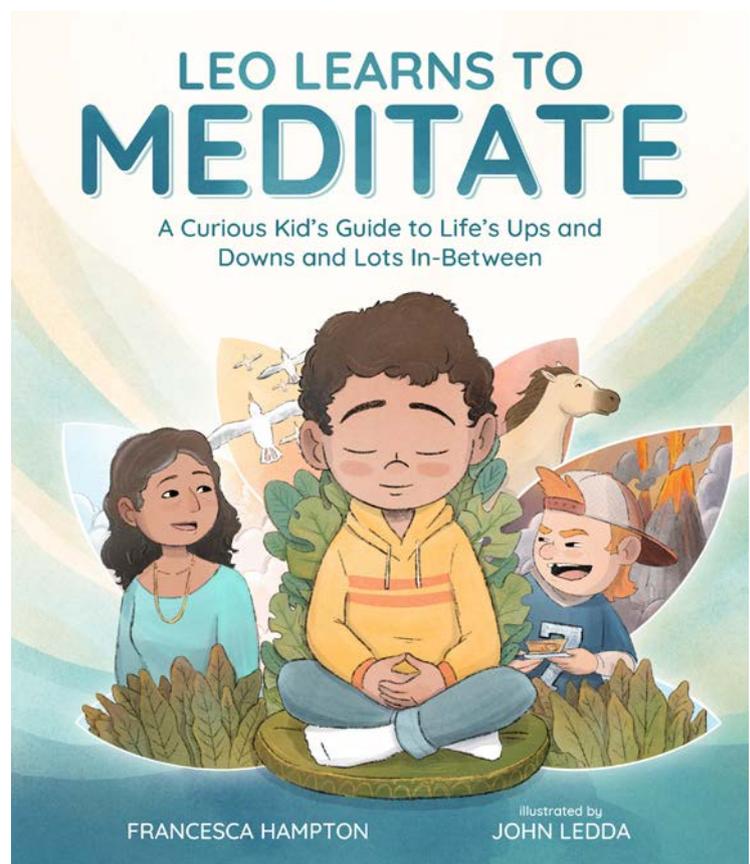
## About the Book

A wildly engaging and imaginative story that introduces the world of meditation to kids ages 6–10 through a relatable character named Leo, who learns to cultivate relaxation, mindfulness, and lovingkindness. Everyone in Leo's family meditates but him—his mom, his dad, his older sister, and even his stuffed bear, Teddy! But what does it mean to “meditate,” and is it something that Leo can do too?

When Mom becomes his meditation teacher, Leo discovers that it's about more than just sitting still. After starting to get the hang of it, he's got to apply what he's learned off the cushion and out in the world when a bully targets him at school and steals his piece of apple pie. Through his experiences, Leo learns to meditate in the up times, the down times, and the in-between times. A graphic-novel illustration style gives Leo's story a fun and easy-to-follow narrative arc. It gives parents, guardians, and teachers an opportunity to playfully introduce children to meditation and even includes a step-by-step guided practice at the end to get their kids started.

## About the Author

FRANCESCA HAMPTON has been a Buddhist practitioner since the 70s and helped to establish Tibetan Buddhist centers in California. She later worked as an English language editor at the Library of Tibetan Works and Archives and spent a number of years in India and Tibet. She has authored a few self-published short stories and children's books. Now semi-retired, she finds herself in a golden situation that allows time for meditation, writing, and photography.



## About the Illustrator

JOHN LEDDA is a lifelong lover of children's books and holds an MFA in illustration from the Academy of Art University in San Francisco. He creates charming, humorous, and heartfelt images and stories for readers of all ages and currently lives and works in the Bay Area.

Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation  
 Juvenile Fiction - Social Themes - Self-Esteem & Self-Reliance  
 Juvenile Fiction - Social Themes - Bullying

BALA KIDS

10/04/22

PAGES: 44

ISBN: 978-1-61180-916-9

# The Life of the Buddha

By Heather Sanche; Illustrated by Tara di Gesu

\$17.95 - Hardcover

## About the Book

Over 2,000 years ago, a young Indian prince named Siddhartha was born into a sheltered life of luxury. One day he ventured beyond the palace walls and came face-to-face with the sufferings of the world for the first time. Realizing how his luxury had blinded him, he gave up his status, all his possessions, and vowed to find a way to save everyone from misfortune. Siddhartha wandered for years as a beggar before coming to a large tree by a flowing river. Here he resolved to meditate until he found an answer to why bad things happened. He succeeded and found peace, awakening as the Buddha. Today there are millions of Buddhists living all over the globe who are guided by the Buddha's teachings on wisdom, love, and compassion. In *The Life of the Buddha*, the Buddha's entire life story is told to younger audiences for the first time through twenty-two magical watercolor paintings by artist Tara di Gesu. This inspiring story of a prince who changed the course of history will captivate parents and children interested in the original act of compassion that inspired Buddhism.

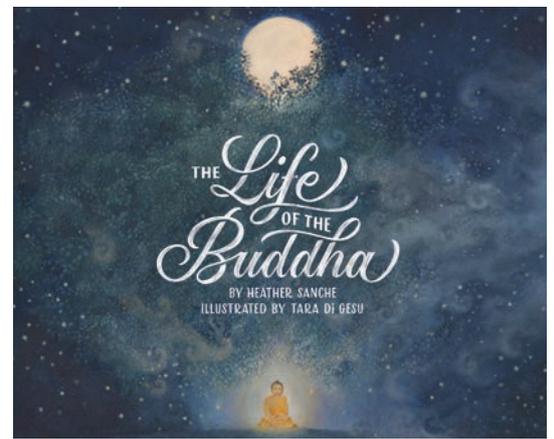
## About the Author

HEATHER SANCHE has more than 20 years of teaching experience in a wide variety of cultures and settings. She holds an undergraduate degree in contemplative early childhood education from Naropa University and a post graduate diploma in intercultural and cross-cultural education and training from the University of Victoria, British Columbia. She was a Khyentse Foundation committee member for education and authored several articles about contemplative approaches to education and parenting for Buddhist Door International.

## About the Illustrator

TARA DI GESU began painting at a young age. While living in Nepal, she found the brilliant traditional Tibetan artist Jamyang Gyatso, who specialized in thangka painting, and quickly became inspired to study with him.

Juvenile Nonfiction - Biography & Autobiography - Historical  
 Juvenile Nonfiction - People & Places - Asia  
 Juvenile Nonfiction - Religion - Buddhism



**Subrights Sold:** French, Korean, Polish

BALA KIDS  
 03/24/20  
 PAGES: 44  
 ISBN: 978-1-61180-629-8

# The Life of a Crayon

A Colorful Story of Never-Ending Beginnings

By Christopher Willard and Tara Wosiski; Illustrated by Holly Clifton-Brown

\$17.95 - Hardcover

## About the Book

*When Green arrives in a crayon box as a present to a little girl, he has no idea of the impact he will have on her life in small but profound and meaningful ways.*

*The Life of a Crayon* is a colorful story (ages 4–8) about a girl and her crayon who grow up together and draw the world around them. When a little girl receives a box of crayons for her birthday, Green becomes her favorite. Over the years, as the girl creates art and projects and greeting cards, Green learns new skills and important lessons alongside her. Perhaps most importantly, Green fills her—and others’—worlds with color and the emotions it evokes, and in doing so leaves a legacy that is vast and meaningful. The story can just be an engaging and thought-provoking adventure on its own, or it can help kids and families cope with change, the challenges of growing up, and even loss as this book touches on themes like life cycles, impermanence, and connection.

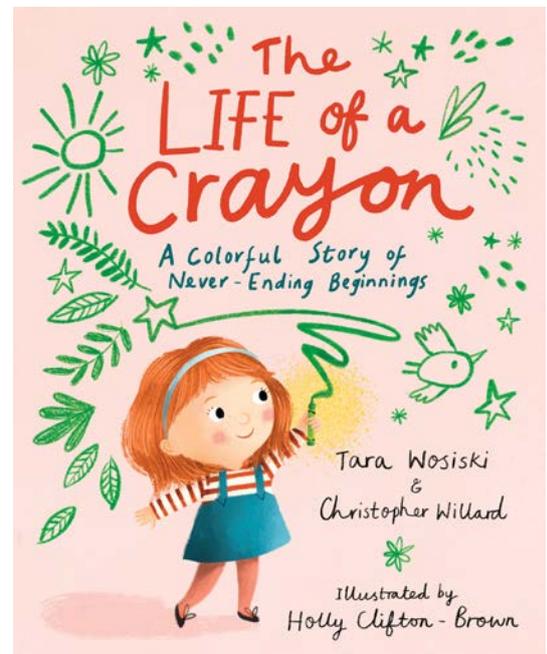
## About the Authors

DR. CHRISTOPHER WILLARD is an author and educator who teaches at Harvard Medical School and serves on the board of the Mindfulness in Education Network and the Institute for Meditation and Psychotherapy. An established speaker in both meditation and psychotherapy communities, he regularly leads workshops and presents at conferences around the world.

TARA WOSISKI is an artist, author, and art educator. She teaches mindfulness to children and adults and creates large-scale community artworks designed to produce experiences of awe. She received her MAT degree through the University of The Arts in Philadelphia, PA, and was trained to teach mindfulness through the Center for Resilience in Providence, RI. She is deeply connected to nature and has a life-long passion for learning about the brain. Tara is always working on many types of creative endeavors.

## About the Illustrator

HOLLY CLIFTON-BROWN is a freelance illustrator living in London. Her work combines traditional painting with contemporary techniques to create a unique and imaginative



visual language. Her website is [www.hollycliftonbrown.com](http://www.hollycliftonbrown.com).

Juvenile Fiction - Social Themes - Friendship  
 Juvenile Fiction - Social Themes - New Experience  
 Juvenile Fiction - Imagination & Play

BALA KIDS

02/28/23

PAGES: 32

ISBN: 978-1-61180-977-0

# Little Royal

A Fish Tale

By Chelo Manchego

\$16.95 - Hardcover

## About the Book

Little Royal is a big fish in a small pond, and all the other fish do his bidding. But when he takes his big attitude to other ponds, he learns a valuable lesson about humility and compassion in this wise and witty picture book for kids ages 4–8.

## Short Description

“I am the very big fish of my very little pond and when I demand: ‘Me! Now!’ all of my very little fish bow down to me. They scrub my tail and blow bubbles on my scales. So, I chant, ‘Long live myself!’ Because I am the biggest and brightest most beautiful fish in the kingdom of Me.”

Little Royal lords over his domain—until he learns from a wandering frog that there are bigger ponds and more exotic creatures elsewhere. His heart propels him to leave his pond to explore them, fully expecting that he will be the eminent ruler—but what he encounters turns out to be humbling and uncomfortable, but ultimately very freeing. As Little Royal’s journey unfolds and his world expands, Manchego’s skillful, nuanced watercolor illustrations change from pale and delicate to lush and luminous, speaking to the increasing complexity both of what Little Royal encounters and his conflicting emotions. The effect is profound and poignant.

## About the Author

CHELO MANCHEGO is an artist and meditation practitioner who lives in Los Angeles, CA. He is the author of *The Want Monsters*. His website is [www.chelomolina.com](http://www.chelomolina.com).

Juvenile Fiction - Social Themes - Emotions & Feelings

Juvenile Fiction - Social Themes - Values & Virtues

Juvenile Fiction - Animals - Fish

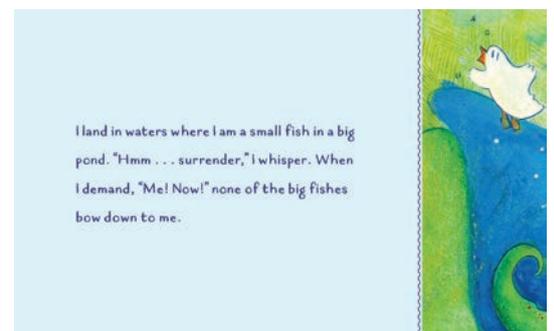
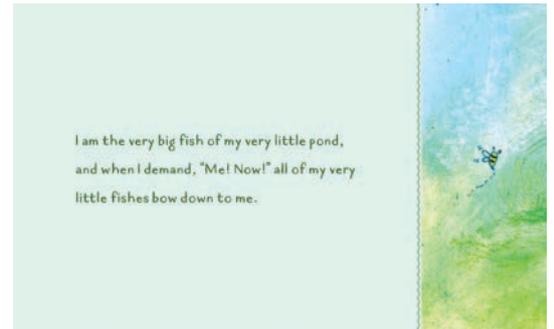
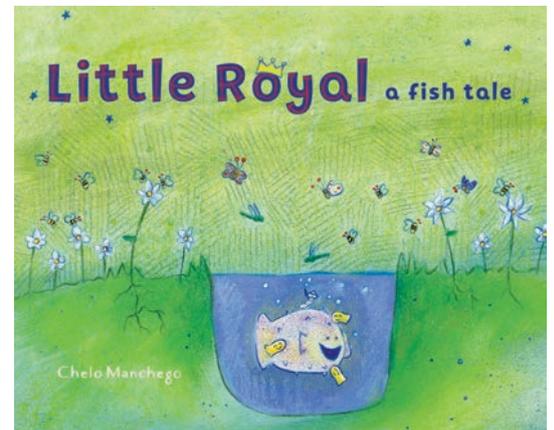
**Subrights Sold:** Polish

BALA KIDS

12/19/17

PAGES: 72

ISBN: 978-1-61180-497-3



# Little Yogi Deck

Simple Yoga Practices to Help Kids Move Through Big Emotions

By Crystal McCreary; Illustrated by Andrea Pippins

\$19.95 - Card Deck

## About the Book



A colorful card deck featuring 48 simple yoga and mindfulness practices to help kids work through big emotions on and off the mat.

Sometimes our emotions are too much to handle, and we need help understanding and processing what we are feeling. The *Little Yogi Deck* teaches kids how to recognize and navigate these big emotions by introducing yoga and mindfulness as tools they can use to feel calmer and more in control. The deck makes important topics like strengthening attention, increasing self-awareness, and soothing the nervous system fun and easy to understand. The 48 cards are organized into eight color-coded categories: anger, worry, excitement, sadness, joy, jealousy, shame, and peace. Along with a practice, each card also features a vibrant illustration to visually depict the pose or activity. To offer additional support to parents, teachers, and caregivers, the deck includes a booklet explaining the approach for developing emotional intelligence in children through the practices offered.

For ages 5–9.

## About the Author

CRYSTAL MCCREARY is a yoga, mindfulness, and health educator, actor, speaker, and writer. She consults for CUNY-Hunter's public health department research studies on the impact of mindfulness on health outcomes for youth. She serves on the Yoga Alliance Diversity, Inclusion, and Accessibility Advisory Committee and is currently involved with organizations that aim to support youth with embodied contemplative practice including Mindful Schools, Bent on Learning, and Lineage Project. Crystal's programs emphasize self-care as the gateway to social justice and community healing. Crystal graduated from Stanford University with a BA in African and African American studies and completed The American Conservatory Theater's Master of Fine Arts program in acting and works full-time as a health educator at The Dalton School in New York.



Juvenile Nonfiction - Health & Daily Living - Fitness & Exercise  
 Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation  
 Juvenile Nonfiction - Social Topics - Emotions & Feelings

**Awards:** National Parenting Product Awards (NAPPA) – 2021 Winner

BALA KIDS  
 02/02/21  
 PAGES: 48 cards with 14-page booklet  
 ISBN: 978-1-61180-812-4

# The Magical Life of the Lotus-Born

By Sherab Chödzin Kohn; illustrated  
by Thinley Dorji  
\$21.95 - HC

## About the Book

Explore a fresh telling of the inspiring, mysterious, and magical life of the great master Padmasambhava—the Lotus-Born—who planted the seed of Buddhism in Tibet that is still blossoming today, beautifully illustrated for kids ages 8–12.

The Lotus-Born is one of the most iconic and important figures in Tibetan history. Here, his magical life story is outlined in colorful and captivating detail, offering young readers a rare glimpse into his adventures that transformed Tibet, a land of malevolent spirits and wild folk, into a fertile ground for Buddhism. The rich and vibrant spiritual tradition that resulted in Tibet has thrived for over one thousand years. This timeless tale is sure to capture the imagination of future generations, just as the oral, theatrical, and written accounts of it have in the Himalayas for centuries.

## About the Author

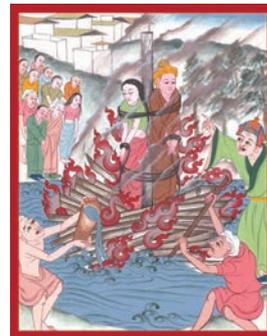
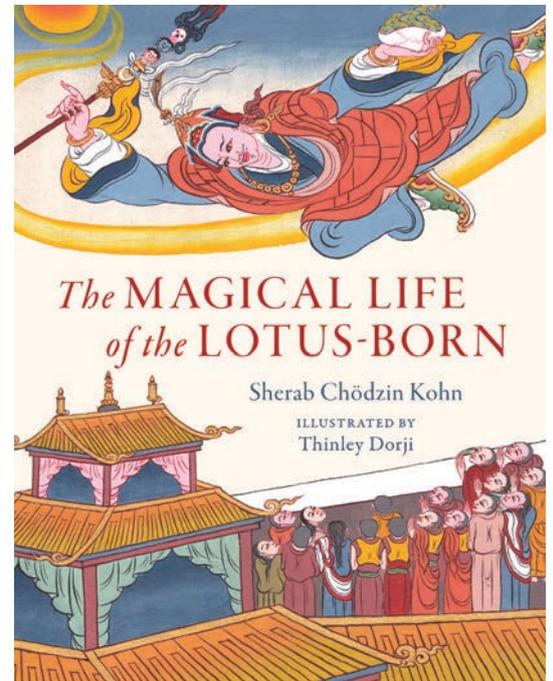
SHERAB CHÖDZIN KOHN taught Buddhism and meditation for more than thirty years, and he edited a number of the books of his teacher, the Tibetan meditation master Chögyam Trungpa. Coeditor of the best-selling anthology *The Buddha and His Teachings*, he also published numerous translations, including an acclaimed version of Hermann Hesse's *Siddhartha*.

## About the Illustrator

THINLEY DORJI is a traditionally trained thangka painter based in Paro, Bhutan, who specializes in Buddhist temple art. His stunning work can be found in many hotels and temples throughout Bhutan.

Juvenile Fiction - Historical - Asia  
Juvenile Fiction - Religious - Buddhist  
Juvenile Fiction - Legends, Myths, Fables - Asian

BALA KIDS  
10/03/2023  
PAGES: 108  
ISBN: 9781611807851



8  
THE LAKE OF FIRE

Lotus Born and Mandarava decided to go back to the city and teach the Buddhists as they could do this time and happen with everyone. But when people saw them, instead of welcoming them, they were angry at the prince because he had been away and brought demons on the kingdom. They wanted to punish Lotus Born as the wild man who had been their ruler. A crowd gathered.

"Who pretends to be wise with a demon?" they shouted. The crowd got very excited. They were getting so mad they could not see their own feet.

"They must be punished!" a woman screamed.

"They must be punished!" the crowd roared.

"Oh! Lotus Born! Lotus Born!" the woman screamed.

"Yes, Lotus Born! Lotus Born!" the crowd roared. "Burn him right now!"

A lot of the people pulled Lotus Born and Mandarava and carried them off to a square in the center of the city, near the palace. The other people thought they were dead and began to cry.

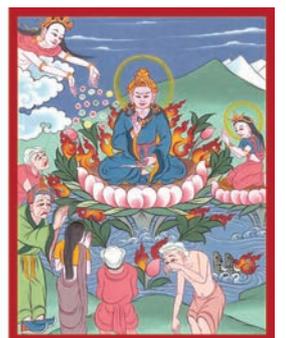
The king and queen looked when they were sleeping. They had been looking at the stars in the sky. Now they were looking at the stars in the sky. They had been looking at the stars in the sky. They had been looking at the stars in the sky.

"They must be punished!" the crowd roared.

"They must be punished!" the crowd roared.

"Oh! Lotus Born! Lotus Born!" the woman screamed.

"Yes, Lotus Born! Lotus Born!" the crowd roared. "Burn him right now!"



They begged and begged and begged again and again. Gradually the fire died down and the crowd was small. The king and queen looked when they were sleeping. They had been looking at the stars in the sky. Now they were looking at the stars in the sky. They had been looking at the stars in the sky.

Lotus Born saw that he was being taken to the city. He was angry at the prince because he had been away and brought demons on the kingdom. They wanted to punish Lotus Born as the wild man who had been their ruler. A crowd gathered.

"Who pretends to be wise with a demon?" they shouted. The crowd got very excited. They were getting so mad they could not see their own feet.

"They must be punished!" a woman screamed.

"They must be punished!" the crowd roared.

"Oh! Lotus Born! Lotus Born!" the woman screamed.

"Yes, Lotus Born! Lotus Born!" the crowd roared. "Burn him right now!"



# Mai and the Missing Melon

By Sonoko Sakai; illustrated by Keiko Brodeur  
\$18.95 - HC

## About the Book

An exploration of Japanese food, culture, and history that celebrates the special relationship between a child, her grandmother, and the power of kindness, for kids 3–7, by the author of *Japanese Home Cooking*, Sonoko Sakai.

This charming story invites the reader on a journey through rural 1960s Japan following a little girl named Mai on the Enoden train, past the oceanside populated with fishers, and to the classic shrine-like home of her grandmother, or *obachama*.

Loosely based on an event in Sonoko's childhood, Mai wishes to share the gift of a sweet muskmelon with her grandmother but loses it on the train along the way. Obachama shares the Japanese folktale of The Stone Buddhas as an example of the power of good intentions to cheer Mai up.

After the story, Mai hears from the train station master that the melon has been found, and she and her obachama are able to enjoy the sweet muskmelon together.

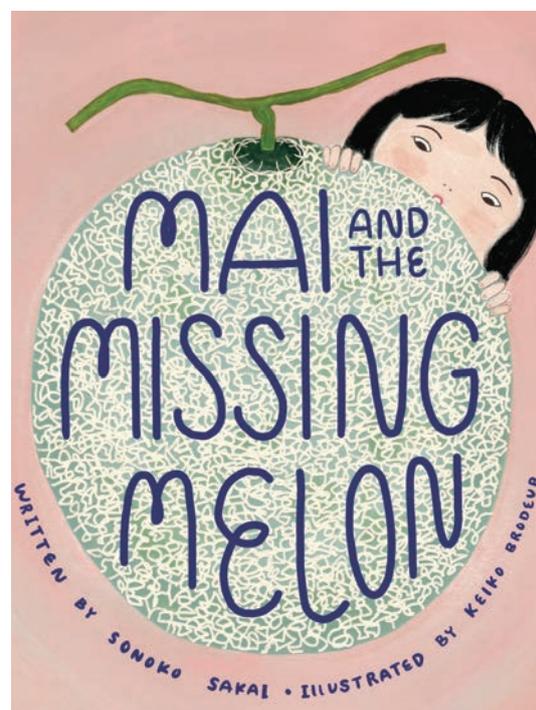
This sweet story explores the cherished relationship between a young girl and her grandmother—two great friends despite the age gap—while the expressive art takes the reader through the Japanese countryside, past the sea, bamboo forests, and temples, drawn from the author's own childhood memories.

## About the Author

SONOKO SAKAI was born in New York and raised by Japanese parents. She lived in many places as a child, including San Francisco, Kamakura, Mexico City, and Tokyo. She is the author of three books, *Rice Craft* (Chronicle, 2016), *The Poetical Pursuit of Food* (Potter, 1986, now OP), and *Japanese Home Cooking* (Shambhala, 2019). She has worked as a recipe developer, producer, creative director, cooking teacher, and lecturer. She is also a grain activist. Sonoko currently lives in Los Angeles and Tehachapi, California, with her sculptor husband, Katsuhisa Sakai. Their son, Sakae, and daughter-in-law, Binah, live in Seattle, and their son, Tyler, daughter-in-law, Emmalina, and their children, Masa and Mai, live in London. Her website is [www.sonokosakai.com](http://www.sonokosakai.com), and she has almost 40k followers on Instagram @sonokosakai.

## About the Illustrator

KEIKO BRODEUR began making illustrated paper goods under the name Small Adventure in 2009 in order to explore being a self-taught illustrator after having graduated with a graphic design degree and working in a few different fields. She soon fell in love with creating illustrations for greeting cards and other products for her own small business. After several years of printing and shipping all her orders,



both retail and wholesale, from home, she finally found a new home for her business in 2015 and moved into a lovely studio space in Los Angeles where all product is packed and shipped with the help of friends.

Juvenile Fiction - Social Themes - Values & Virtues  
Juvenile Fiction - Diversity & Multicultural  
Juvenile Fiction - Family - Multigenerational

BALA KIDS  
10/24/2023  
PAGES: 32  
ISBN: 9781645471240

# Meditation Station

By Susan B. Katz; Illustrated by Anait Semirdzhyan  
 \$16.95 - Hardcover



## About the Book

Winner of the 2020 International Children's Mind/Body/Spirit Book Award!

Your racing train of thoughts may try to take you down the railroad tracks, but you can stay in the Meditation Station, where children ages 4–8 learn how to calm their bodies and minds.

Take a deep breath in, and then let the breath out slowly. That is how you will learn what meditation is all about. Stay in the Meditation Station—don't hop on the train! Just wave goodbye to your racing mind and find inner calm.

## About the Author

SUSAN B. KATZ is an award-winning bilingual author, National Board Certified Teacher, educational consultant, and long-time meditation practitioner. Ms. Katz served as the Strategic Partner Manager for Authors at Facebook and delivers keynotes at conferences nationally and internationally. You can read more about her books and school visits at [www.susankatzbooks.com](http://www.susankatzbooks.com).

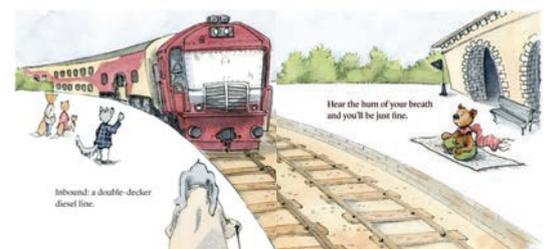
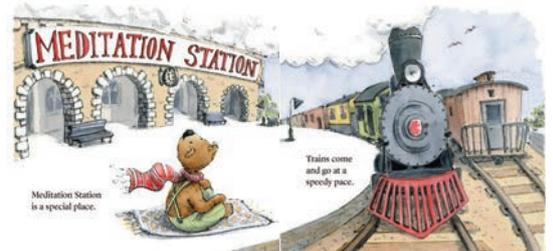
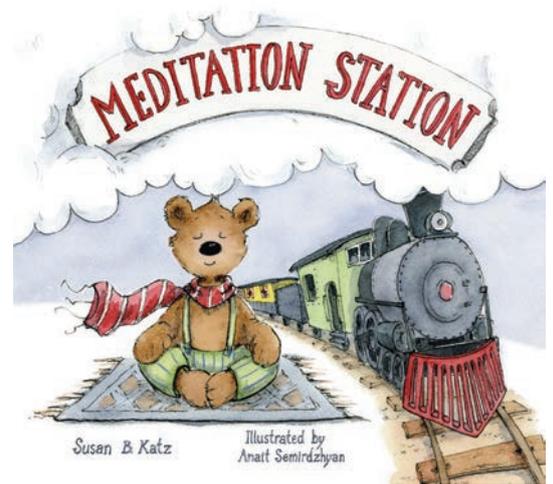
## Reviews

"*Meditation Station* is a must-read for children all over the world! Parents and teachers can introduce the concept of taking even just a little bit of time to focus on our breathing and being fully present instead of getting distracted and derailed by our thoughts. Cute characters and lyrical text show kids that pausing and recharging is possible, even in our fast-paced, hyperconnected world."—Arianna Huffington

"*Meditation Station* is an adorably brilliant book for teaching calming techniques and mindfulness to children! While reading and studying the charming illustrations, I began breathing more mindfully and felt a relaxed calmness wash over me. By the last page, I felt like I had meditated. With the clarity that comes from serene mindfulness, I predict *Meditation Station* will be a beloved staple in homes, libraries, children's hospitals, schools, and meditation centers for years and years to come."—Laura Numeroff, New York Times bestselling author of *If You Give A Mouse A Cookie*

"This delightful book offers children one of the most precious of gifts—an understanding that we are not our thoughts! The evocative theme and beautiful illustrations remind all of us that we can stay balanced and calm instead of being taken for a ride by reactive stories in our mind."—Tara Brach

Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation  
 Juvenile Nonfiction - Transportation - Railroads & Trains  
 Juvenile Nonfiction - Social Topics - Emotions & Feelings



**Awards:** International Book Awards – Winner in the Children's Mind/Body/Spirit category

**Subrights Sold:** Vietnamese

BALA KIDS

11/03/20

PAGES: 32

ISBN: 978-1-61180-791-2

# The Monkey Mind Meditation Deck

30 Fun Ways for Kids to Chill Out, Tune In, and Open Up

By Carolyn Kanjuro;  
Illustrated by Alexander Vidal  
\$17.95 - Card Deck

## About the Book



Help your child become more focused, calm, and capable of dealing with overwhelming emotions. *The Monkey Mind Meditation Deck* explores the playful and powerful qualities of animals and nature to inspire your child to discover the same qualities in themselves and others. Vibrant images from illustrator Alexander Vidal are paired with key phrases and short meditations or activities to help children learn about themselves without judgement. By getting to know the impulses that give rise to their actions, children can become empowered to make choices that truly serve them best. The deck includes a short booklet explaining the various ways to use the cards and additional notes to tailor the meditations and activities to meet the needs of your child. Encourage playful discovery to help your child learn how to be a captain of their own ship, appreciate the present moment, and venture outside their cocoon.

## About the Author

CAROLYN KANJURO was a writer and creative collaborator. She taught meditation, theater, and contemplative archery to children throughout North America.

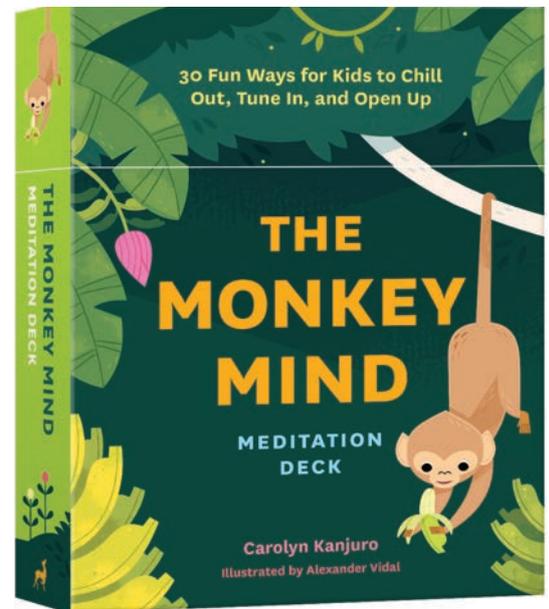
## About the Illustrator

Originally from New Mexico, ALEXANDER VIDAL studied cultural anthropology and spent time living in Africa and Asia before starting his career in illustration. Travel, exploration, and a love for animals and wild spaces continue to drive the themes of his work. A recent graduate of ArtCenter College of Design, his clients have included the California Academy of Sciences, The Sierra Club, The National Wildlife Federation, and The Monterey Bay Aquarium.

Juvenile Nonfiction - Mindfulness & Meditation

Juvenile Nonfiction - Self-Esteem & Self-Reliance

Juvenile Nonfiction - Games & Activities - Card Games



### Friendly Firefly

**KEY PHRASE:** Be a light in the darkness.  
*Just like the firefly, even if you are small, you can be a light in the darkness.*

1. Think of someone you know who could benefit from a spark of your light. It might be a person or an animal or even a tiny insect crawling on the floor.
2. How can you offer a flash of your light? Draw a picture or write a card to cheer someone up? Give a smile or a hug? Pick up a tiny bug and place it outside in a safe spot where it won't get squished?
3. Your firefly lamp is always with you. It might be exhausting to try to light up the whole world, but you can always light up your corner!



### Mountain

**KEY PHRASE:** You're bigger than you think you are.  
*You can't always change what's happening outside, but you can be like a mountain and get bigger on the inside.*

1. Take a seat anywhere you can sense the earth beneath you. Place your palms on the ground on either side of you. Feel yourself firmly planted, like the base of a mountain.
2. Imagine all the life on, in, and around your mountain: bugs, animals, plants, trees, wind, rain, and snow. Your mountain has room for all of it.
3. A mountain doesn't need to make life easier or harder for the bugs. It doesn't need to push away the snow or pull in the rain. A mountain simply is: big and stable. It doesn't get bothered or knocked over by anything.

**Awards:** National Parenting Product Awards (NAPPA) – 2020 Winner

**Subrights Sold:** Dutch, Spanish

BALA KIDS

02/04/20

PAGES: 48

ISBN: 978-1-61180-745-5

# The Monster Parade

A Book about Feeling All Your Feelings and Then Watching Them Go

By Wendy O’Leary  
 Illustrated by Noémie Gionet Landry  
 \$16.95 - HC Unjacketed

## About the Book

An engaging story that helps children work with difficult emotions by imagining them as playful monsters in a parade (ages 3–7).

Watch as the anger monster passes and the sadness monster disappears—it’s all part of the parade of feelings we experience every day. Instead of holding on to their emotions, kids can acknowledge them and let them go on their way. What’s happening in your parade today?

“Here’s the angry monster  
 Headed this way  
 It growls so loud  
 But you know it won’t stay”

## About the Author

WENDY O’LEARY, MEd, is a mindfulness educator and a certified meditation and yoga teacher with a long-standing personal meditation practice. Wendy’s books are based on her 15-plus years of experience teaching mindfulness and skills for emotional awareness and regulation to children and “their adults.” She is a certified parent educator and an online contributor to *Mindful Magazine*. She is the co-author of *Breathing Makes It Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between* (Bala Kids, 2019).

## About the Illustrator

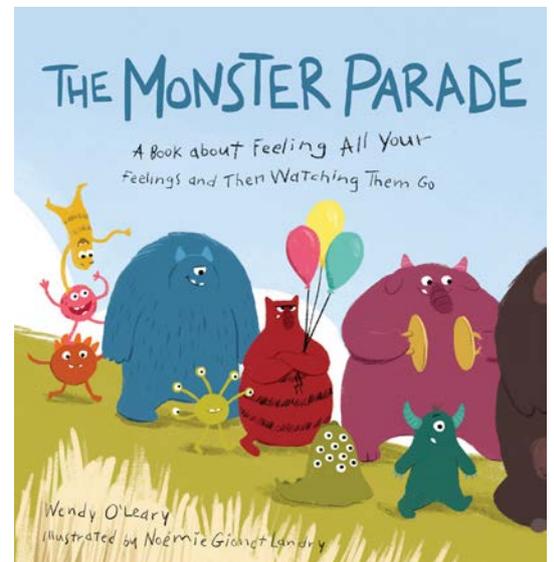
NOÉMIE GIONET LANDRY grew up in a small coastal town of New Brunswick, Canada, surrounded by the ocean. Growing up, she was telling everyone she wanted to become either a doctor or a children’s book illustrator. Midway through med school, she decided she would do both. She now shares her time between the hospital (where she works as a rheumatologist) and her home studio, where she sketches, draws, and paints surrounded by her wife, two tiny Chihuahuas, and two cats.

## Reviews

“This book is a charm—a delightful guide for young and old in relating to our inner parade of challenging emotions.”—Tara Brach, author of *Radical Acceptance*

“A wonderful and entertaining reminder for children (and their grownups) that our feelings will always come and go!”—Chris Willard, author of *Breathing Makes it Better* and *Growing Mindful*

“*The Monster Parade* is a remarkable book to help little people



with big feelings, as Fred Rodgers would say. This wonderful narrative accompanied by sweet and calming illustrations that capture children’s real experiences together with practical strategies for managing difficult emotions is a great resource for classrooms, libraries and homes. Enjoy the parade!”—Dodi Swope, LMFT, Together for Kids Coalition

Juvenile Nonfiction - Social Topics - Emotions & Feelings  
 Juvenile Nonfiction - Social Topics - Self-Esteem & Self-Reliance  
 Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

**Subrights Sold:** Greek

BALA KIDS  
 02/22/22  
 PAGES: 32  
 ISBN: 978-1-61180-922-0

# Our Animal Neighbors

Compassion for Every Furry, Slimy, Prickly Creature on Earth

By Matthieu Ricard and Jason Gruhl;

Illustrated by Becca Hall

\$17.95 - Hardcover

## About the Book



A story about the fundamental connection between animals and people and how we can treat all of Earth's creatures with compassion and empathy.

Furry polar bears, playful sea otters, slow sloths, prickly porcupines, and slimy snakes are just a few of the many animals we share our world with. Even though we might not look the same or have the same needs as our animal neighbors, we have more in common with them than we might think. *Our Animal Neighbors* introduces children to the importance of treating all animals with the care and compassion they deserve.

For ages 4–8.

## About the Authors

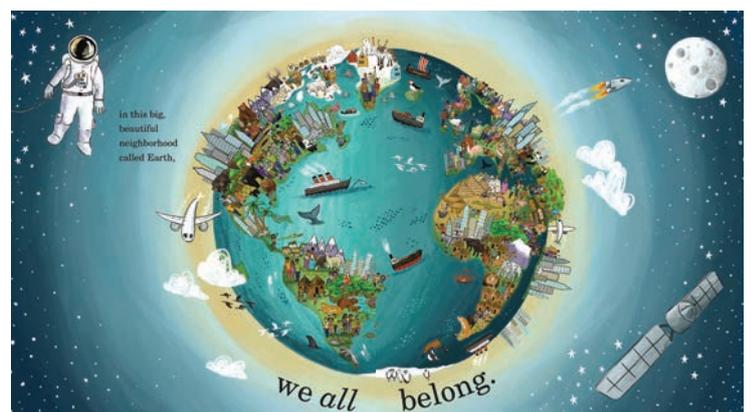
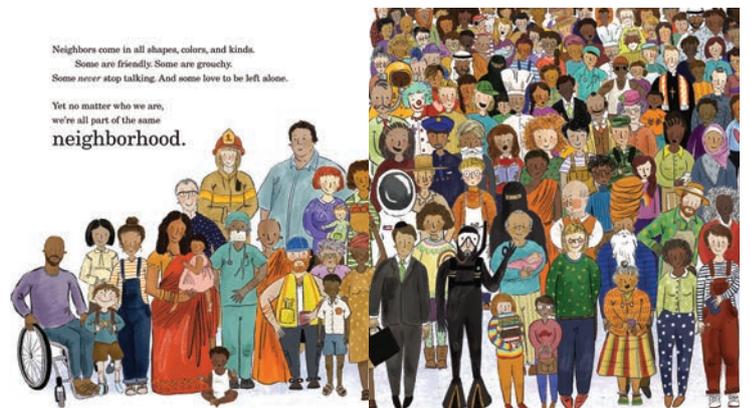
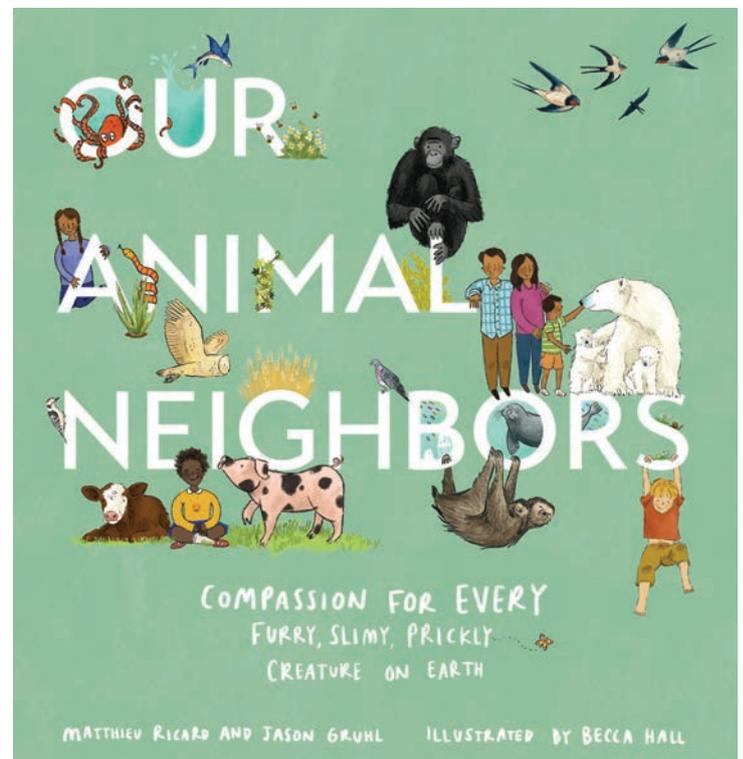
MATTHIEU RICARD is a Buddhist monk who had a promising career in cellular genetics before leaving France to study Buddhism in the Himalayas thirty-seven years ago. He is a bestselling author, translator, photographer, and an active participant in current scientific research on the effects of meditation on the brain. He lives in Nepal and dedicates much of his time to humanitarian projects in the Himalayas through his nonprofit organization Karuna-Shechen.

JASON GRUHL is the former executive director and founder of The Joshua School (a school for children with Autism Spectrum Disorders and Developmental Disabilities in Boulder and Denver, CO), and as an educational consultant, he impacts the lives of countless children and adults. Jason holds a master's degree in counseling psychology and a bachelor's degree in English and psychology, is a Buddhist, and dedicates his life to self-discovery through meditation and reflection.

## About the Illustrator

BECCA HALL is an illustrator based in the Lake District, England. Her work appears across the United Kingdom on stationery and giftware and in children's books.

Juvenile Nonfiction - Animals - Animal Welfare  
 Juvenile Nonfiction - Animals - General  
 Juvenile Nonfiction - Social Topics - Values & Virtues



**Awards:** Moonbeams Children's Book Awards – Gold Winner in the Animals/Pets Non-Fiction category

**Subrights Sold:** Czech, Korean,  
 Rights Restriction: No French

BALA KIDS

09/01/20

PAGES: 32

ISBN: 978-1-61180-723-3

# Share Your Love

By Susan B. Katz; illustrated by Jennie Poh  
 \$18.95 - HC

## About the Book

A playful, rhyming book for kids ages 3–7 on how to send loving, kind thoughts to yourself and others to make the world a better place.

Keep sharing your love from morning till night.

See the change you can make with a love that shines bright.

Worried or sad, grateful or mad, you can send good wishes to yourself, others, and the whole world with your thoughts! Just repeat these simple phrases: “May you be protected and safe. May you feel happy and pleased. May your body be healthy, and may you live with ease.”

This book teaches young readers that even from far away, you can wish others happiness, good health, peace, and safety. Starting with the individual child and extending outward to the whole universe, the rhyming couplets and beautiful art carry the reader through the thoughtful process of extending love and kindness to yourself and all those around you. The book makes a great daily ritual to increase lovingkindness, and if a child is having a rough time or witnessing outside struggles, they can use the repeated phrases in the book to find peace and calm.

## About the Author

SUSAN B. KATZ is an award-winning bilingual author, National Board Certified Teacher, educational consultant, and long-time meditation practitioner. Susan is also the founder and executive director of Connecting Authors, a national nonprofit bringing children’s book authors and illustrators into schools and libraries as role models of literacy and the arts. Katz served as the strategic partner manager for Authors at Facebook and delivers keynotes at conferences nationally and internationally. You can read more about her books and school visits at [www.susankatzbooks.com](http://www.susankatzbooks.com).



## About the Illustrator

JENNIE POH was born in London and spent her formative years in Malaysia, returning to the UK at the age of nine. She studied fine art at The Surrey Institute of Art & Design, alongside illustration courses at Central St. Martins. She mainly works digitally but enjoys making her own paintbrushes and textures, using natural materials such as leaves, bark, flowers, and anything else she may find while out walking. Jennie’s clients include Bloomsbury, Little Tiger Press, Harrods, Magination Press, Baker Publishing, Capstone Publishing, Sleeping Bear Press, Lantana Press, and Eden Cooper.

Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

Juvenile Nonfiction - Social Topics - Values & Virtues

Juvenile Nonfiction - Social Topics - Emotions & Feelings

BALA KIDS  
 10/17/2023  
 PAGES: 32  
 ISBN: 9781645471110

# Sit with Me

Meditation for Kids in Seven Easy Steps

By Carolyn Kanjuro; Illustrated by Nan Lawson  
\$17.95 - Hardcover

## About the Book

You can squat like a frog or lounge like a cat—but if you want to sit like a buddha, there are seven key steps for taking your seat.

*Sit with Me* invites kids of all ages to learn meditation through playful rhymes and adorable illustrations. Justa Bug describes the seven-point meditation posture—from the top of the head to the bottom of the feet—in an easy and accessible way. With a spine straight like coins stacked on a plate and shoulders back like a vulture in flight, kids will learn the basics of sitting through encouraging verse. With a little practice, *Sit with Me* will help everyone in the family learn how to meditate easy and free.

For ages 3–8.

## About the Author

CAROLYN KANJURO was a writer and creative collaborator. She taught meditation, theater, and contemplative archery to children throughout North America.

## About the Illustrator

NAN LAWSON is an illustrator who has worked on a wide variety of books from YA book covers to lift-the-flap board books. She's also a regular contributor to several art galleries across the country. During her free time, she loves to read books while sipping coffee and looking out at the mountains from her cozy living room. Nan lives in Los Angeles with her husband, two-year-old daughter, and two lazy cats.

Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

Juvenile Nonfiction - Concepts - Body

Juvenile Nonfiction - Religion - Buddhism



**Subrights Sold:** Dutch

BALA KIDS

12/01/20

PAGES: 32

ISBN: 978-1-61180-747-9

# Sophie Learns to Be Brave

By Joan Halifax

Illustrated by Kiersten Eagan

\$16.95 - HC Unjacketed

## About the Book

A story for kids ages 4–8 about a young girl and her encounters with a dog that teaches her friendship, presence, loss, and bravery. This story follows a young girl named Sophie and a sweet old dog who cross paths in the midst of a storm. “Breathing in, I am safe; breathing out, I am free,” Sophie repeats again and again to remind herself and the “old one” to stay present and brave when feeling scared or unsettled. In helping each other through their fears, a deep kinship is formed that makes a lasting impact on Sophie’s life.

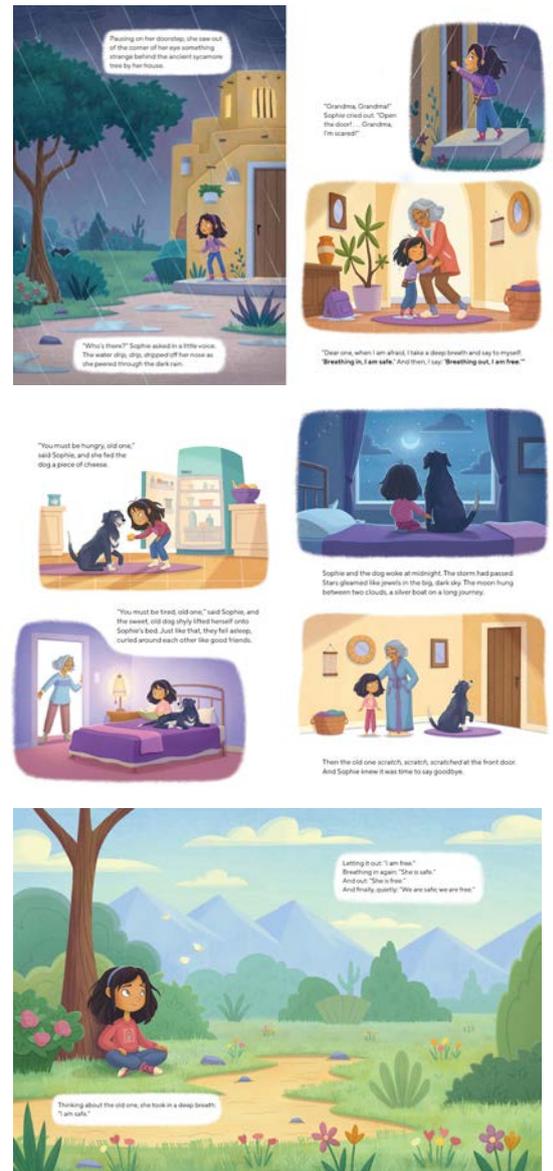
## About the Author

ROSHI JOAN HALIFAX, PhD, is a Buddhist teacher, Zen priest, anthropologist, and pioneer in the field of end-of-life care. She is Founder, Abbot, and Head Teacher of Upaya Institute and Zen Center in Santa Fe, New Mexico. She received the Lamp Transmission from Thich Nhat Hanh, and was given Inka by Roshi Bernie Glassman. A Founding Teacher of the Zen Peacemaker Order and founder of Prajna Mountain Buddhist Order, her work and practice for more than four decades has focused on engaged Buddhism. Her books include: *The Human Encounter with Death* (with Stanislav Grof); *The Fruitful Darkness, A Journey Through Buddhist Practice*; *Simplicity in the Complex: A Buddhist Life in America*; *Being with Dying: Cultivating Compassion and Wisdom in the Presence of Death*; and her forthcoming, *Standing at the Edge: Finding Freedom Where Fear and Courage Meet*.

## About the Illustrator

KIERSTEN EAGAN is a children’s illustrator and visual development artist with a passion for storytelling. She finds inspiration anywhere a story can be found—in nature, reading, history, adventures, traveling—and specializes in gouache, pencils, and digital work. A graduate of the Academy of Art in San Francisco, Kiersten works in animation where she has designed for a variety of television and film projects such as *My Little Pony*, *Cloudy with a Chance of Meatballs*, and *The Addams Family*.

Juvenile Fiction - Social Themes - Friendship  
 Juvenile Fiction - Social Themes - Emotions & Feelings  
 Juvenile Fiction - Religious - Buddhist



**Subrights Sold:** Dutch

BALA KIDS  
 03/29/22  
 PAGES: 32  
 ISBN: 978-1-61180-895-7



# Train Your Mind Like a Ninja

30 Secret Skills for Fun, Focus, and Resilience

By Chris Willard, Mitch Abblett, and T. Koei Kuwahara, Sensei; Illustrated by Toshiki Nakamura  
\$18.95 - Card deck

## About the Book

2021 Mom's Choice Awards® Gold Recipient  
2022 National Parenting Product Award Winner.

Become a ninja with 30 mindfulness practices to help kids ages 5–9 increase their focus, compassion, emotional balance, and body awareness—from experts in Japanese martial arts and mindfulness. *Train Your Mind Like a Ninja* draws from martial arts concepts to explore how you can train the mind and body to act from a place of awareness and deliberate action to reach your full potential. While ninjas of the past may have been warriors, modern ninjas train their minds and bodies for peaceful purposes only, uncovering ways to become happier, healthier, and more confident in everything they do. Each of the 30 cards is categorized to reflect the ninja values of Community/Connection, Body Awareness and Agility, Mental Awareness and Focus, Calm and Balance, Perspective and Perseverance, and Mental Flexibility and Agility. Master each of the cards to unlock your inner ninja and become a better student, athlete, family member, and friend.

## About the Author

T. KOEI KUWAHARA, SENSEI, has been a teacher of aikido and iaido for 40 years. He is an acupuncturist focusing on Traditional Japanese Acupuncture (Hari style of meridian therapy), and Japanese medical ki gung for over 35 years.

MITCH ABBLETT, PhD, is a licensed clinical psychologist and consultant with a private practice. The author of *The Five Hurdles to Happiness and From Anger to Action*, he has been the executive director of the Institution for Meditation and Psychotherapy and was for eleven years clinical director of Manville School at Judge Baker's Children's Center at Harvard University.

DR. CHRISTOPHER WILLARD, PsyD, is an author and educator who teaches at Harvard Medical School and serves on the board of the Mindfulness in Education Network and the Institute for Meditation and Psychotherapy. An established speaker in both meditation and psychotherapy communities, he regularly leads workshops and presents at conferences around the world. He is the author of numerous books, including *Alphabreaths* and *Raising Resilience*, and he is the coauthor of *Breathing Makes It Better*.

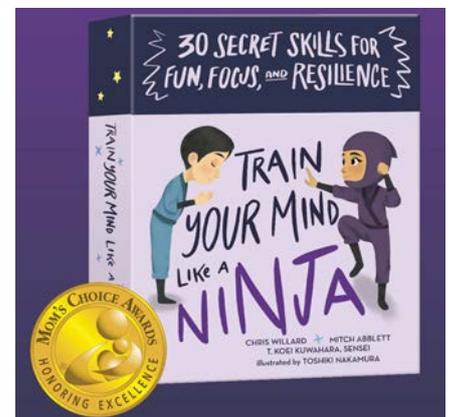
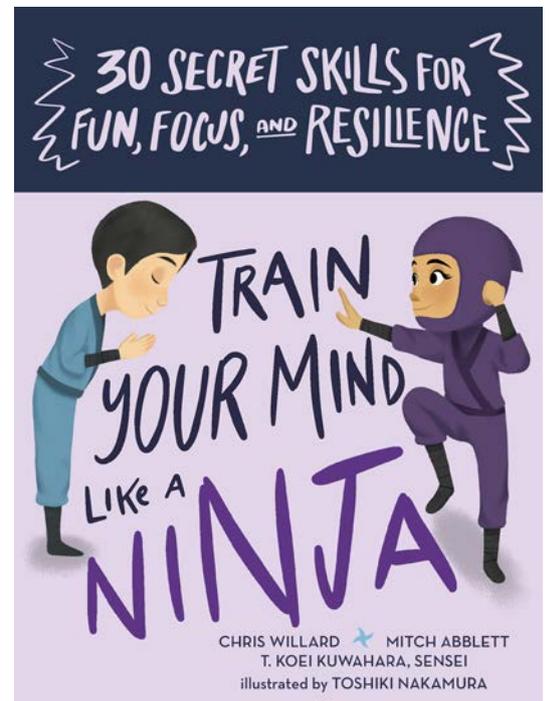
## Reviews

"I love the beautifully illustrated *Train Your Mind Like a Ninja* card deck! The authors' own ninja skills are apparent as they masterfully adapted the wisdom of mindful awareness for young minds, while preserving the power of the techniques. I'll enjoy using these cards myself."—Seth J. Gillihan, PhD, clinical psychologist and co-author of *The CBT Deck for Kids and Teens* and *A Mindful Year*

Juvenile Nonfiction - Sports & Recreation - Martial Arts  
Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation  
Juvenile Nonfiction - Games & Activities - Card Games

**Subrights Sold:** Dutch

BALA KIDS  
10/26/21  
PAGES: 38  
ISBN: 9781611809039



# The Vibes Book

By Hannah Clarke; illustrated by Aki  
\$19.95 - HC

## About the Book

A sweet and vibrant story (for kids 3–7) about something that's all around us and has an astounding impact on our lives, even though we can't touch or see it—the power of vibes!

This sweet story follows a young girl who realizes the different ways that vibes can affect our experience of the world, both passively and actively, and what happens when you start to notice all the magical energy around you.

Vibes can be a difficult concept for kids to understand, but this book immerses children in the world of vibes with simplicity and humor. It shows the negative impact bad vibes can create and the awesome power of good vibes. Bad vibes don't feel very good and tend to multiply if you let them get out of control. Good vibes can make someone's day if they are feeling down, and the power of positive vibes helps create a better, more interconnected world.

The spacious simplicity of scenes paired with the vibrant, dynamic swirls of vibes in the artwork help bring the world of vibes alive for children to explore.

## About the Author

HANNAH CLARKE is a filmmaker and publicist based in Wellington, New Zealand. She has worked for Peter Jackson's visual effects company on such films as the *Lord of the Rings* trilogy, *King Kong*, and *Avatar*. Her 2009 documentary, *Flight of the Conchords: ON AIR*, covering the rise to fame of New Zealand comedians Bret McKenzie and Jemaine Clement, screened internationally on HBO and the BBC. Hannah is a mother of three kids who often ask her about vibes. Upon discovering that no books existed on the subject, she decided to make one. This is her first book.

## About the Illustrator

AKI, whose real name is Delphine Mach, has been writing and illustrating since 2008. After studying graphic design at the Duperré School in Paris, she began her career in children's books as co-author and illustrator of the Santi & Jo series. She then developed the Pan and Chat series and wrote her book *The Weather Girls*. When she is not illustrating for editorial and publishing clients, Aki writes a culinary blog, *Les 3 Soeurs* (The 3 Sisters), that she shares with her sisters (who are equally passionate about cooking).

Juvenile Nonfiction - Social Topics - Emotions & Feelings  
Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation  
Juvenile Nonfiction - Concepts - Senses & Sensation



BALA KIDS  
04/09/2024  
PAGES: 32  
ISBN: 9781645470823

# The Want Monsters

And How They Stopped Ruling My World

By Chelo Manchego

\$16.95 - Hardcover

## About the Book

What do you do when your inner “Want Monster” is out of control—again? This quirky, engaging picture book brings mindfulness practice to a problem that all kids—and even adults—can relate to.

## Short Description

It’s a scenario that is familiar to all parents: you and your child are in a toy store, or walking past an ice cream truck and instantaneously, your child’s “want monster” kicks into high gear. Often, giving in only leads to more and more wanting. What to do? *The Want Monsters* takes a unique and humorous look at how one boy learns how to calm Oskar, his “Want Monster.” He says that often Oskar is a fun and lively companion, urging him to push the envelope in all sorts of situations—eating too much ice cream, playing video games until his thumbs fall off, needing to be the center of attention “way too much.” But the boy gets tired of the drama and fallout from it, and, after getting some advice from a wise worm, finds a way to tame Oskar without hurting his feelings—or destroying the good and motivating energy that “wanting” can also generate. This is a warm and relatable story for children ages 4–8, with beautiful, bright drawings that are executed with humor and subtlety.

## About the Author

CHELO MANCHEGO is an artist and meditation practitioner who lives in Los Angeles, CA. *The Want Monsters* is his first book. His website is [www.chelomolina.com](http://www.chelomolina.com).

Juvenile Fiction - Social Themes - Emotions & Feelings

Juvenile Fiction - Social Themes - Values & Virtues

Juvenile Fiction - Social Themes - Self-Esteem & Self-Reliance

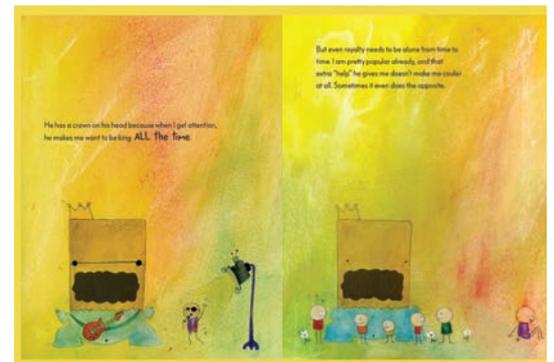
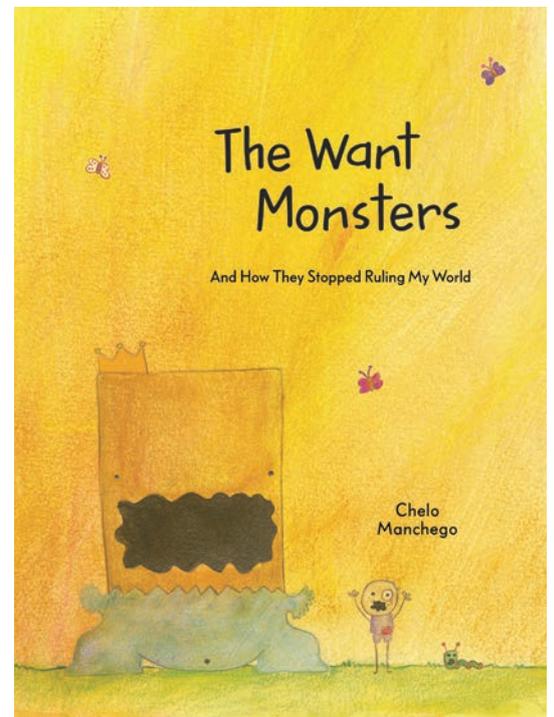
**Subrights Sold:** Korean, Polish, Spanish, Turkish

BALA KIDS

02/21/17

PAGES: 32

ISBN: 978-1-61180-365-5



# The Warrior's Code

And How I Live It Every Day (A Kids Guide to Love, Respect, Care, Responsibility, Honor, and Peace)

By Kate Hobbs

Illustrated by Savannah Allen

\$16.95 - HC Unjacketed

## About the Book



Kai is a warrior! And as a warrior, Kai has a code to live by and share with others. This is the warrior's code: to be peaceful, to be kind of heart, and to respect all living things. An empowering "code of conduct" book that teaches kids age 4–8 that bravery and courage mean treating others with kindness, standing up for what's right, and demonstrating peace and self-respect. Inspired by the classic spiritual text, *Shambhala: Sacred Path of the Warrior*, this uplifting story for children will build self-esteem, cultivate kindness, and instill values of compassion, nonviolence, and honoring. Written by a 7th degree Kajukenbo black belt, *The Warrior's Code* distills the ethics of traditional martial arts into a simple and clear message that kids can memorize, embody, and understand. Kids who follow the code of the warrior can become more mindful, resilient, and confident.

## About the Author

KATE HOBBS is a 7th degree black belt in Kajukenbo and the founder of Destiny Arts Center and Oakland Kajukenbo Kwoon. She began studying martial arts in 1981 and began teaching youth classes in 1985, which eventually expanded to a violence prevention program called Project Destiny. In 1989, Hobbs founded Destiny Arts Center to integrate marital arts training, violence prevention skills, and movement arts in a non-profit organization specifically for young people. Each year, over 3,500 people enroll in her classes, which have been designed to promote resilience, socio-emotional learning, and interpersonal skills.

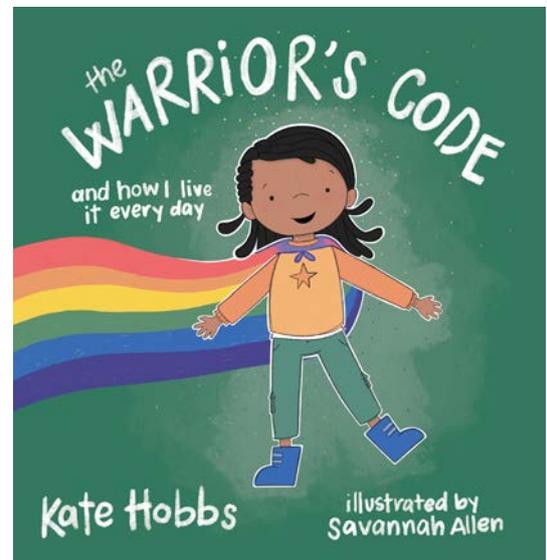
## About the Illustrator

SAVANNAH ALLEN is a Nashville-based author and illustrator who never grew out of a love for children's books. As a biracial creator, who rarely saw herself in stories as a child, she loves to invent characters that are simple, whimsical and inclusive.

Juvenile Nonfiction - Social Topics - Values & Virtues

Juvenile Nonfiction - Social Topics - Self-Esteem & Self-Reliance

Juvenile Nonfiction - Sports & Recreation - Martial Arts



**Awards:** National Parenting Product Awards (NAPPA) — 2022 Award Winner

BALA KIDS

03/22/22

PAGES: 32

ISBN: 978-1-61180-835-3

# Weather Any Storm

By Zusei Goddard; illustrated by Paddy Donnelly  
\$18.95 - HC

## About the Book

A playful, rhyming meditation story to help kids ages 4–8 be the captain of their own ship and navigate emotional highs and lows.

Learn to breathe through storms of emotions in this nautical meditation adventure.

Whether you're grouchy or grumpy, gloomy or grey, the Wildering Billies cannot get their way.

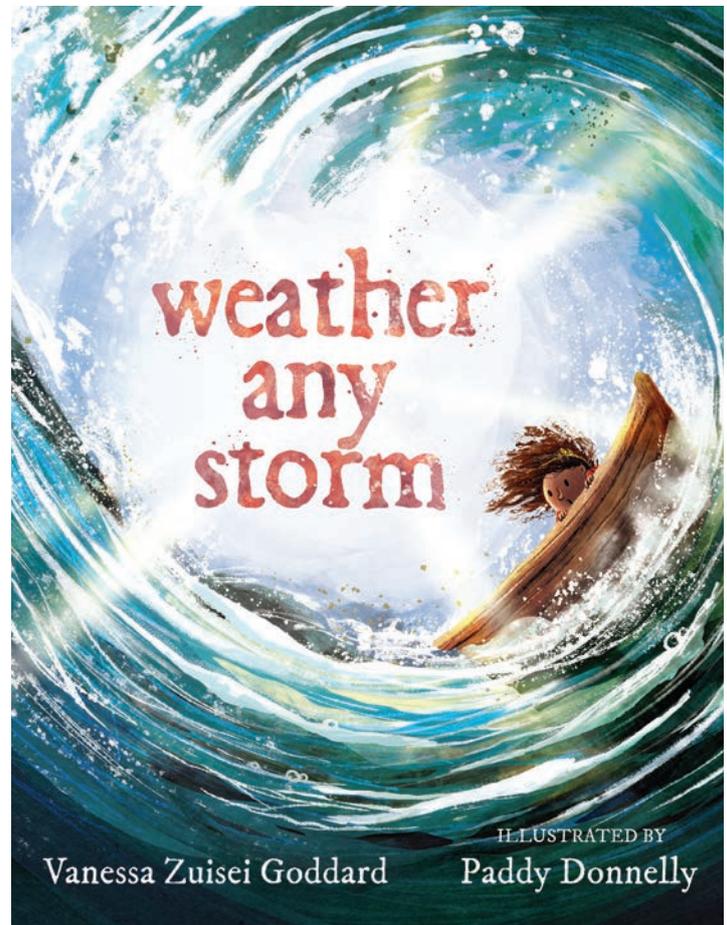
They yell and they shout and they cry and they weep  
but your breath holds you steady way down in the deep.

When sailing through the open seas of life, the waters are not always calm. From out of nowhere waves of stress, worry, and anxiety known as Wildering Billies can rock our boat. Step by step, this story shows us how to calm the dreaded and colorful Wildering Billies and send them on their way. By imagining yourself as a ship, anchored by your breath, you can learn to ride through the storms of life to smoother waters.

Inspired by Zusei's years of Zen practice and working with kids, she has created this delightful introduction to the world of meditation. The book ends with a helpful recap of concrete steps such as stop, imagine, breathe, and anchor, so kids can remember how to tame the Billies whenever emotions are overwhelming.

## About the Author

VANESSA ZUISEI GODDARD is a writer and Zen teacher based in New York City. She trained full-time at Zen Mountain Monastery from 1995 to 2014, fourteen of those years as a monastic. In 2018 she received dharma transmission (authorization to teach) from Geoffrey Shugen Arnold Roshi, abbot of Zen Mountain Monastery and Head of the Mountains and Rivers Order. For the last ten years, Zusei has been leading retreats and workshops on a wide range of teachings on Buddhism and meditation—and also for children, teenagers, and adults—all with special emphasis on the power of stillness and silence to transform our lives.



## About the Illustrator

PADDY DONNELLY grew up on the beautiful north coast of Ireland, surrounded by mythical stories of giants, magical creatures, and shape-shifting animals. All of this prompted his love for nature, animals, the sea, and storytelling. His work has achieved international acclaim as he was nominated for the Kate Greenaway Medal 2022 and shortlisted for the World Illustration Awards in 2018.

Juvenile Nonfiction - Social Topics - Emotions & Feelings

Juvenile Fiction - Social Themes - Self-Esteem & Self-Reliance

Juvenile Fiction - Social Themes - New Experience

BALA KIDS  
11/07/2023  
PAGES: 32  
ISBN: 9781611809916

# Where's Buddha

By Marisa Aragón Ware

\$16.95 - Hardcover

## About the Book

This playful picture book follows Buddha all over the world—from the depths of the ocean to a rocket in outer space. Author Marisa Aragón Ware shows readers that Buddha can be found everywhere—both within the world and within oneself.

## About the Author

MARISA ARAGÓN WARE is a professional illustrator and tattoo artist living in Boulder, Colorado. Marisa attended the Academy of Art University to earn a master's degree in traditional illustration.

## Reviews

"Ware's picture-book representation of the belief that Buddha's nature is in all of creation is perfect for Buddhist families or others open to the teachings of the Buddhist faith."—*Kirkus Reviews* (starred review)

## Categories:

Juvenile Nonfiction - Religion - Buddhism

Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

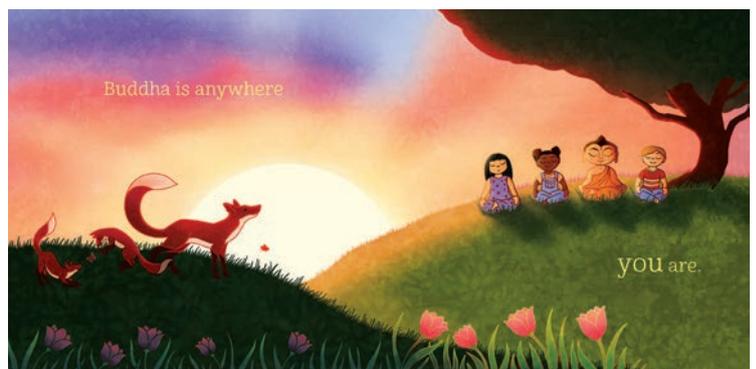
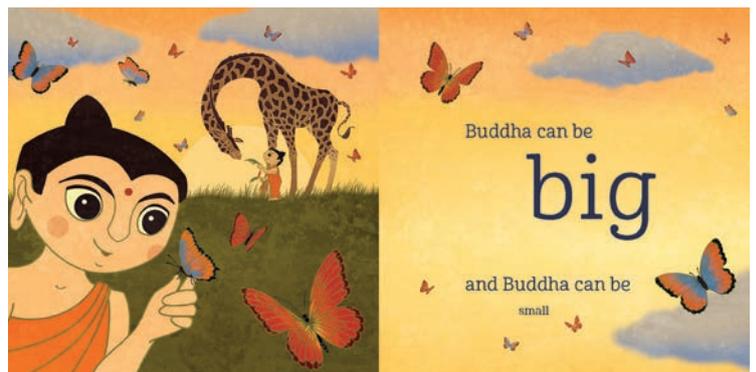
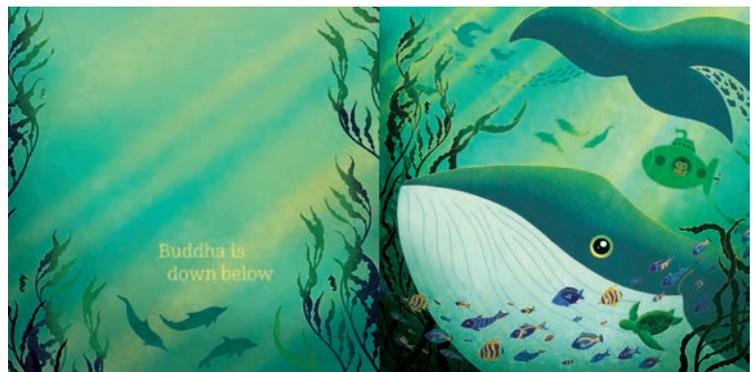
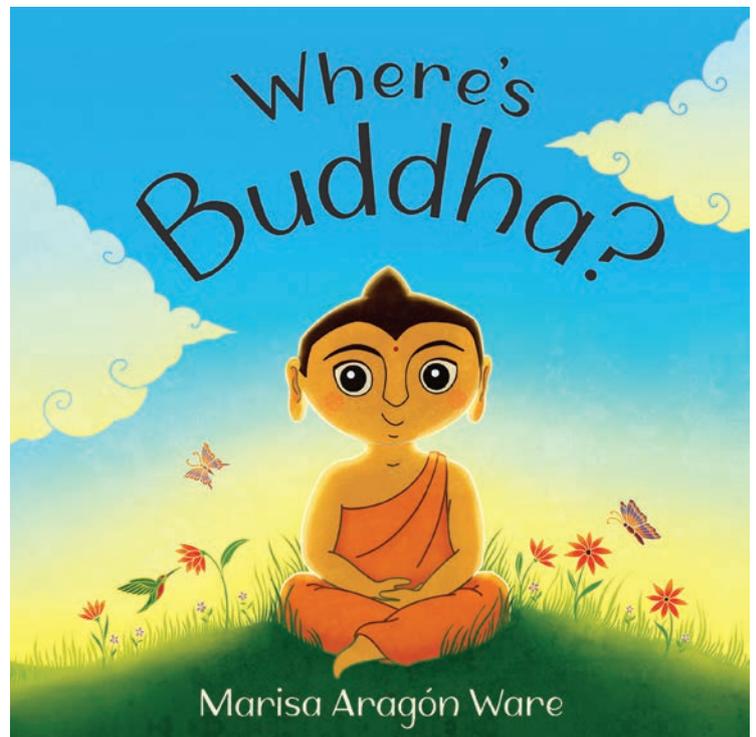
Juvenile Nonfiction - People & Places - Asia

BALA KIDS

02/12/19

PAGES: 32

ISBN: 978-1-61180-587-1



# Zen for Kids

50+ Mindful Activities and Stories to Shine Loving-Kindness in the World

By Laura Burges; Illustrated by Melissa Iwai

\$18.95 - Trade Paperback

## About the Book

*11 engaging Zen-inspired stories and fifty activities to help kids (ages 4–8) learn about patience, kindness, honesty, sharing, and forgiveness.*

Dive into 11 engaging stories drawn from different cultures, each concluding with short reflections, questions, and fun, thought-provoking activities that teach children how to integrate the theme of the story into their lives. There are 53 activities, including: writing haiku; sitting zazen; observing, making, and appreciating food; growing plants; spreading kindness and performing secret good deeds; learning and writing about family history; and more!

## About the Author

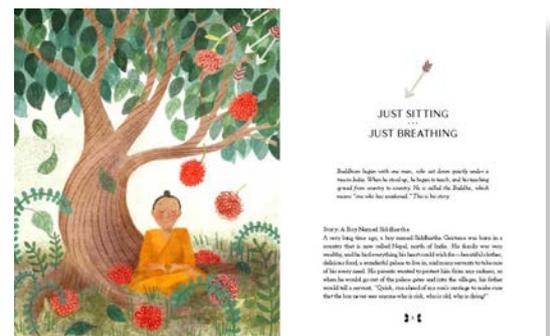
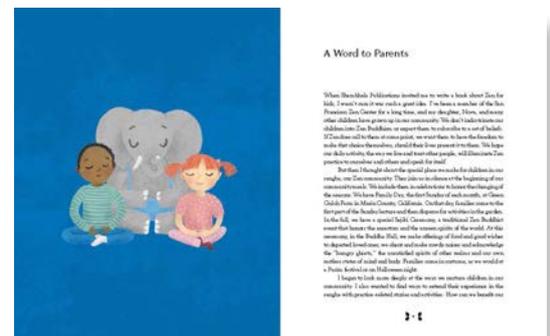
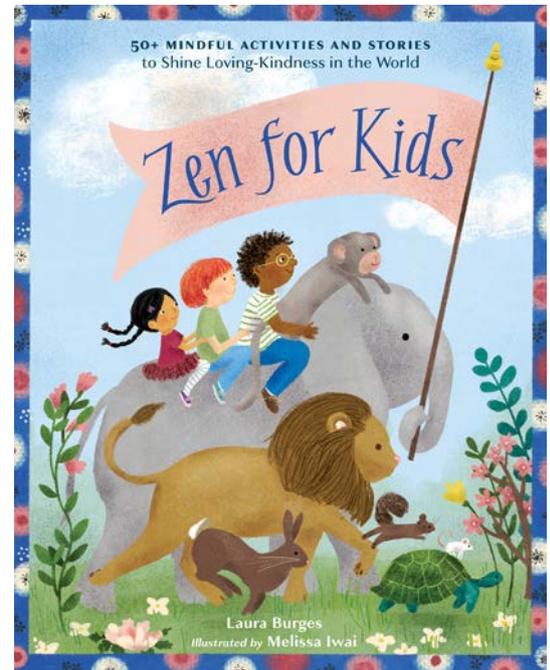
LAURA BURGES (Ryuko Eitai) is a lay entrusted Buddhist teacher in the Soto Zen tradition. She lectures, offers classes, and leads retreats at the San Francisco Zen Center and at other practice places in Northern California. She is the abiding teacher at Lenox House Meditation Group in Oakland. Laura taught children for 35 years and now mentors other teachers.

## About the Illustrator

MELISSA IWAI has illustrated over 30 books. From the time she was a little kid, she wanted to write and illustrate children's books. She used to staple paper together and make tiny books for her dolls. She lives with her husband and teenage son in a teeny tiny apartment in Brooklyn, NY.

Juvenile Nonfiction - Activity Books - General  
 Juvenile Nonfiction - Religion - Buddhism  
 Juvenile Nonfiction - Inspirational & Personal Growth

BALA KIDS  
 03/14/23  
 PAGES: 92  
 ISBN: 978-1-61180-992-3



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