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# Charlotte And The Quiet Place



## Synopsis

2015 INDIEFAB Book of the Year Gold Award Winner! 2016 Independent Publisher Book Awards Silver Medalist! 2015 National Parenting Publications Bronze Award Winner! Charlotte likes quiet. But wherever Charlotte goes, she is surrounded by noise, noise, noise—her yipping dog, Otto; the squeaky, creaky swings; the warbling, wailing sirens. Even in the library, children yammer and yell. Where can Charlotte find a quiet place? Sara Woolley's magnificent watercolors bring Charlotte's city to life when Otto leads her on a wild chase through the park. There, Charlotte discovers a quiet place where she never would have imagined! Sometimes children need a break from our noisy, over-stimulating world. *Charlotte and the Quiet Place* shows how a child learns and practices mindful breathing on her own and experiences the beauty of silence. All children will relate to the unfolding adventure and message of self-discovery and empowerment. Parents, teachers, and caretakers of highly active or sensitive children will find this story especially useful.

## Book Information

Lexile Measure: 660 (What's this?)

Hardcover: 40 pages

Publisher: Plum Blossom (September 1, 2015)

Language: English

ISBN-10: 194152902X

ISBN-13: 978-1941529027

Product Dimensions: 9.8 x 0.4 x 8.8 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 33 customer reviews

Best Sellers Rank: #33,881 in Books (See Top 100 in Books) #46 in Books > Children's Books > Geography & Cultures > Where We Live > City Life #263 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women #270 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect

Age Range: 3 - 7 years

Grade Level: Preschool - 2

## Customer Reviews

Parents and children who read this gem of a book will get a glimpse into the possibility of inner quiet and peace. Our world so needs this!—Tara Brach, PhD, Radical

Acceptance and True Refuge; Wholesome enjoyment for kids and adults alike. Deborah Sosin's message; that wherever we live, we can find quiet inside; will surely benefit many young people. — Sharon Salzberg, Real Happiness and Lovingkindness; What better way to prepare children for our busy world? Parents and children will want to read it together again and again, and breathe. — Christopher Germer, PhD, The Mindful Path to Self-Compassion; Thank you, Charlotte, for helping children and parents discover the stillness and quiet that is always alive inside each one of us. Hoooo ahhhh! — Amy Saltzman, MD, A Still Quiet Place

Deborah Sosin is a writer, editor, and clinical social worker specializing in mindfulness-based psychotherapy. She holds an MSW from Smith College School for Social Work and an MFA from Lesley University. Her essays have appeared in the Boston Globe Magazine, the Chicken Soup for the Soul series, and in numerous other publications. She teaches at GrubStreet in Boston and offers "Write It Like It Is" workshops. She lives in a quiet apartment outside of Boston, Massachusetts, with her very quiet cats, Sophia and Sascha. This is her first book. Sara Woolley is an award-winning illustrator and visual artist living and working in Brooklyn, New York. In addition to creating captivating watercolor illustrations and graphics for books, Woolley has designed costume pieces, puppets, and props for stage and film. She currently teaches at the Academy of Art University, where she earned her MFA.

I love this book! Great for all children, it explores the concept of mindfulness and self-calming. I wish all children were able to be exposed to it. Great job Deborah Sosin!!

Love, love, love this beautiful book that introduces children to the concept of mindfulness. It is accessible and informative and the illustrations are lovely. My 3-year-old niece loves it!

Wonderful "why meditate?" book for children of all ages, all colors, all incomes, with beautiful & appealing illustrations. Totally recommend!

Loved the story and the illustrations in this book. It meets a need for children living in this noisy world.

What a beautiful book! As a children's yoga teacher this will be a tool I'll use with all of the kids I

teach.

Gorgeous illustrations on an important topic that's rarely visited in children's picture books! LOVE!

great premise great writing great illustrations

Beautiful sentiments

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