

FOR IMMEDIATE RELEASE

Former FBI Agent and National Tennis Champion Releases a Mindfulness Book for Children

How Do You See the World? - A book of mindful choices

Written by Banni Bunting and Illustrated by Teafly Peterson

Banni Bunting, a former FBI agent and national tennis champion, is launching a mindfulness picture book for children. Now a certified mindfulness teacher in Bend, OR, the book was the result her many years working with local schools on how to teach mindfulness in the classroom.

A growing concern amongst parents and psychologists, is the negative effect social media is having on the emotional development of today's children. Meaningful human communication is quickly being replaced by screens. Studies are now suggesting that this digital disconnect can lead to isolation, insecurity, anxiety, and depression.

"My intention for writing this book comes from a desire to provide children with helpful tools and resources to navigate challenging experiences and emotions." explains Banni Bunting.

Beautifully illustrated by local Bend artist Teafly Peterson, the book takes the young reader on a magical journey of perspective through the lenses of emotion. It begins by planting the seeds of self-awareness through curiosity:

"How do you see the world? Sometimes I ask myself this question because I am curious, and asking questions helps me understand better. Sometimes when I look around, it is as if I am seeing the world through different colored glasses...."

At first, the characters in the book only see the world only through their colored glasses of emotion. They are sometimes even overwhelmed and lost in their feelings such as anger and sadness. But in a moment of clarity, they begin to understand there can be many different ways of seeing the world.

Wearing a lens of kindness, gratitude, forgiveness, and empathy gives them the ability to see the changing nature of emotions and realize they have a choice in their perspective. As the book ends, the characters realize that there is one lens missing and it might be the most important lens of all: the lens of love.

The book also works in conjunction with an online mindfulness curriculum which has just recently been approved for use in the Bend-La Pine School District.

"My goal is to also help parent and teachers alike, incorporate the practice of mindfulness into the lives of our children." states Banni Bunting.

Intended for children 5 to 12 years old the book's meaningful message can be appreciated by all ages.

Available online through Amazon and other online retailers, November 22, 2019. For more information visit:

BanniBuntingMindfulness.com

About the Author: Banni Bunting

Banni Bunting is a UCLA trained Mindfulness Facilitator as well as a member of the International Mindfulness Teachers Association (IMTA). Banni has trained with Jack Kornfield, Tara Brach, Diana Winston and Rolf Gates. For the past six years, her primary focus has been bringing mindfulness into the classroom working with local schools. A three-time national tennis champion, former FBI agent and now wife and mother, Banni currently resides in Bend, Oregon.