



No Ordinary Apple: A Story About Eating Mindfully

Sara Marlowe

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On an otherwise ordinary day, Elliot discovers something extraordinary: the power of mindfulness. When he asks his neighbor Carmen for a snack, he's at first disappointed when she hands him an apple - he wanted candy! But when encouraged to carefully and attentively look, feel, smell, taste, and even listen to the apple, Elliot discovers that this apple is not ordinary at all.

Lushly and humorously illustrated, *No Ordinary Apple* makes a traditional technique for training mindfulness a fun and enjoyable way for children to learn to slow down and appreciate even the simplest things.

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