



2019

### Zen Happiness

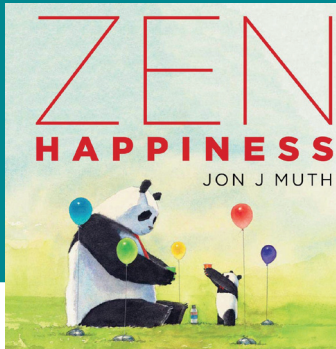
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## Book Review

# Zen Happiness

### Author

Jon J Muth

### Illustrator

Jon J Muth

### Reviewer

Amanda Morgan

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### Rating

Dependable

### Level

Primary

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### Pages

32

### Year

2019

### ISBN

9781338346022

### Publisher

Scholastic Press

There are so many ways to be happy. The pages of this book contain familiar sayings that remind us of this simple truth. They also teach us to think more positively and see the world differently. With cute pastel illustrations to enhance each quote, this picture book can bring light to a rainy day.

While this book has beautiful eye-catching illustrations, the words are fairly plain. The contents of the text are simply made up by self-explanatory phrases you may have heard before. All the phrases are inspirational though, and the artwork is quite darling. That artwork is probably what classifies this work as a children's book, given that the text doesn't seem especially geared to children. Nonetheless, readers of many ages could find meaning in the phrases. This book could be useful to a child who may not have much exposure to positive inspiration. They can learn positivity with help of the happy pastel panda on every page.