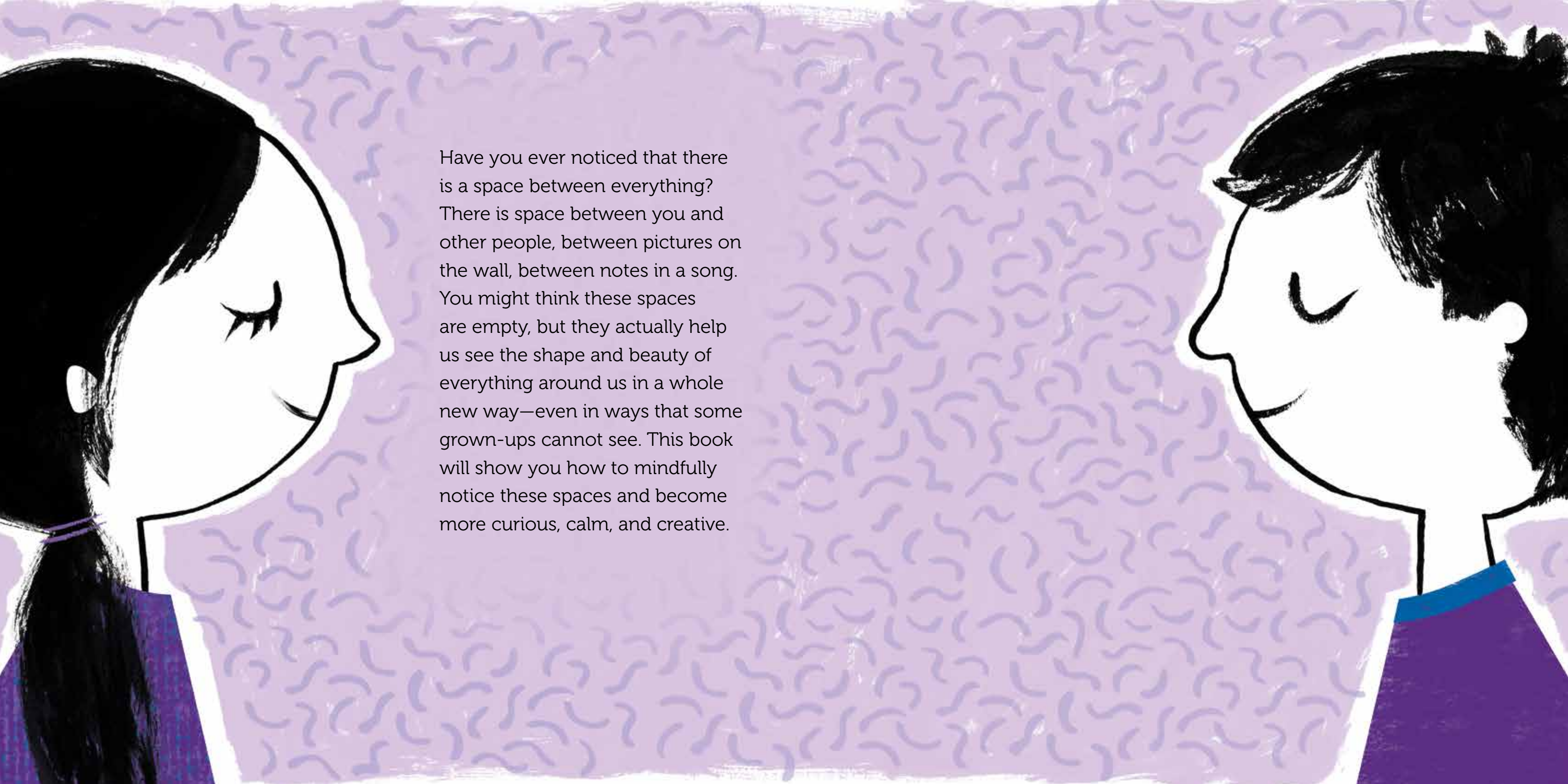


THE iN-BETWEEN BOOK

CHRISTOPHER WILLARD * OLIVIA WEISSER

* *Art by* ALISON OLIVER



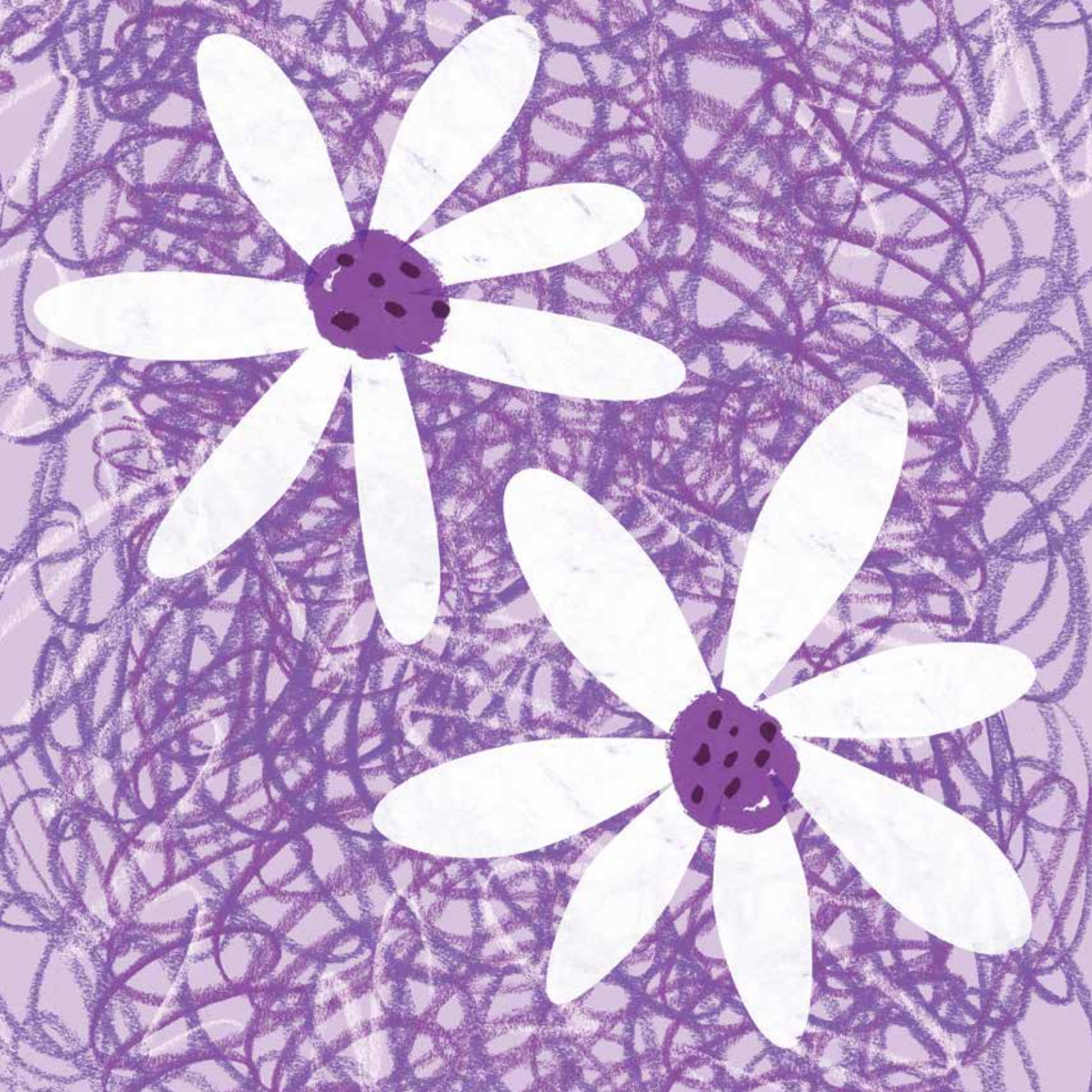
Have you ever noticed that there is a space between everything? There is space between you and other people, between pictures on the wall, between notes in a song. You might think these spaces are empty, but they actually help us see the shape and beauty of everything around us in a whole new way—even in ways that some grown-ups cannot see. This book will show you how to mindfully notice these spaces and become more curious, calm, and creative.



Close your eyes. That's a weird thing to do while reading a book! Now focus on your body. Can you find the teeny, tiny pause between breathing in and breathing out? Focusing on this space can help you feel more relaxed.

If you are reading this book with someone else, rest your head on their chest. If you are reading this book by yourself, put your hand on your own chest. Listen or feel for heartbeats. Are there spaces between them?





Trace the space between these flowers with your finger. What shape does it make? Can you trace the space between other objects around you? Between the trees on your street? Between the toys in your room?