



The Secret of the Mind-Garden

The Mind-Garden Series - Book I

by B. Raymond Moyers



Children - Grade 4th-6th

Kindle Edition

Reviewed on 11/17/2024

Book Review

Reviewed by Philip Van Heusen for Readers' Favorite

Our minds are more powerful than the average person realizes. In *The Secret of the Mind-Garden* by B. Raymond Moyers, the young reader learns how their thoughts are like seeds planted in a garden. Good thoughts plant good seeds and nourish them into beautiful plants, while negative thoughts do the opposite. Leo rushes to school and learns that the teacher has changed the seating chart. He did not like the new chart, so he started feeling negative. On the way home, he walks on a path that leads to the Mind-Garden, where he learns important lessons on the power of the mind. In the garden, Leo meets Mr. Elwood, who teaches him how to change negative thoughts to positive thoughts, resetting his world vision. Your child will recognize many events and learn how to change those events into positive learning experiences. They will identify with Leo and want to become good gardeners.

I spent over forty years doing family counseling, and one of the biggest challenges people face is understanding how their thoughts affect their lives. I highly recommend *The Secret of the Mind-Garden* by B. Raymond Moyers for all young readers. Even adults can learn from this lovely book. The author does not just teach youngsters how to have positive thoughts; he explains that although negative thoughts will come, don't let them take root. Children in grades four through six will love the storyline and be able to identify with Leo's feelings and actions. Since our thoughts are powerful, we must learn how to use our thoughts to our advantage. Even though we cannot control everything around us, we can control how we think and respond to events. With proper thinking, I have seen people grow from gloomy gardens into bright, beautiful gardens. I have seen depression replaced with the joy of living. If you get your child only one book this year, this is the one.



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Author Biography



Ray Moyers is a passionate storyteller, author, and father of seven, dedicated to helping children develop emotional intelligence and self-awareness through engaging, relatable stories. Inspired by his own family's journey through challenges and growth, Ray created the Mind-Garden Series to equip kids with the tools they need to understand their thoughts, emotions, and actions. Living in Coeur d'Alene, Idaho, Ray combines his love for family, personal development, and storytelling to bring life-changing concepts to young readers. His books are designed to spark meaningful conversations between children and caregivers, offering a foundation of confidence, empathy, and resilience for the next generation.