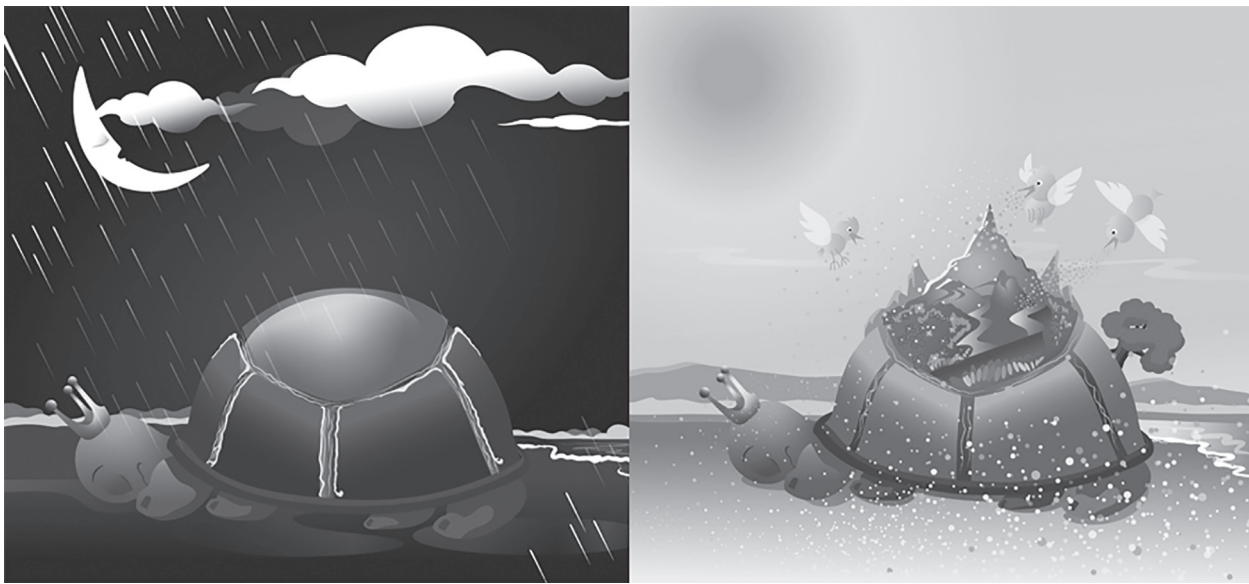


# Giant Turtle's Long Nap Received a Gold Seal 5-Star Rating

## 《巨龜的長睡》獲金印五星評級

歸居 文/譯

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Illustrated by Amandine Dam

譚敏瑩插畫

*Giant Turtle's Long Nap*, a new Instilling Goodness Children's book, by Dana Green, illustrated by Amandine Dam-Levendivin, is a beautiful retelling of "The Giant Turtle King" which is one of the Jakata tales — ancient tales that the Buddha told about his past lives.

This is a tale of sacrifice and great compassion. In a past life the Buddha appeared on Earth as a giant turtle who took a thousand-year nap on a beach. The turtle slept so long that a mountain grew on his back where people built houses and burned fires. Awakened by the fires and wanting to cool off, the giant turtle began to crawl toward the sea. Upon

育良童書新出版的《巨龜的長睡》，作者是丹娜·格林，插畫由譚敏瑩繪製，改寫自《大龜王》。這是佛的本生故事之一——佛陀所講述關於他宿世的古老故事。

這個故事敘述的是大悲和犧牲。佛陀往昔曾以巨龜之身來到地球，在沙灘上午睡，一睡睡了一千年。巨龜睡得太久，龜背成了一座山，人們在龜背上蓋房生火。巨龜被火驚醒，想要降溫，因此開始向大海爬行。可是，見到人在牠的背上生活，不想傷害人類，巨龜又睡了一千年。

seeing people living on his back and not wanting to hurt them, he slept another thousand years.

He let the fires burn his skin and the rumbling carts people pulled shake him. In the day he held back the tears, but in the night he let them flow. So great was his pain and so silent were his tears that no one knew of his sacrifice. At last the giant turtle could take no more. He came up with a good idea—taking people and animals on his back to an island so the people could create new villages and cities on the island and their lives would go on as before.

The turtle itself crawled back into his kingdom in the sea. Since he was a giant, he would not need a nap for another thousand years.

In this tale, the Buddha taught that all beings are a living part of the earth. Only by developing empathy with each other and all of earth's creatures, can we protect our planet. On the very last page of this children's book, the author Dana Green listed eight points about the importance of sea turtles and seven ways to help them.

Giant Turtle's Long Nap received a gold seal 5-star rating from Reader Views. Below is an excerpt from the reviewer Tammy Ruggles:

"Giant Turtle's Long Nap" is a profound and wise children's book with universal appeal...Green uses her experience as a teacher to relate spiritual concepts and values to children. This lovely book is a good example of how an author can combine an engaging story with a deeper meaning. The story begins as an allegory of how the earth was formed on the turtle's back, and how civilization, commerce, and progress developed over time. This allegory teaches readers how people's use of the earth can actually harm it in the long run, if not cared for properly...The illustrations are pretty and meaningful and tell the story along with the words. The solution that the turtle comes up with is brilliant as well as heartwarming, leaving young readers and even older readers with a sense of hope, possibility, and realization.

For more information about this book, please visit: [www.buddhisttexts.org](http://www.buddhisttexts.org) and [www.buddhismforkids.net](http://www.buddhismforkids.net). ❀

牠任由火灼傷自己皮膚，人們拉著的馬車發出隆隆聲，搖晃著牠。白天牠忍住淚水，晚上任由淚水流淌。牠的疼痛如此劇烈，而眼淚卻如此沉默，以至於沒有人知道牠的犧牲。巨龜最終再也忍不下去了，牠想出一個好主意——把人和動物背到一個島上，這樣人們就可以在島上建立新的村莊和城市，他們的生活就可以像以前一樣繼續下去。

烏龜自己爬回了牠在海中的王國。身為巨龜，牠不需要再午睡一千年了。

在這個故事中，佛陀教導說，眾生都是地球的一部分。只有培養彼此以及地球上所有生物的同理心，我們才能保護我們的地球。在這本故事書的最後一頁，作者丹娜·格林列出八點關於海龜的重要性，以及幫助牠們的七種方法。

《巨龜的長睡》獲得了書評「讀者觀點」的金印5星評級。以下是評論者覃米·如構思的書評摘錄：

「《巨龜的長睡》是一本深刻而睿智的兒童讀物，具有普世吸引力……作者格林以她作為老師的經驗，將精神概念和價值觀與孩子們聯繫起來。這本可愛的書很好地說明了作者如何將引人入勝的故事與更深層次的意義結合起來。故事開始於一個關於地球是如何在烏龜背上形成的寓言，以及文明、商業和進步如何隨著時間的推移而發展的寓言。這個寓言告訴讀者，如果不好好照顧，從長遠來看，人們對地球的使用實際上會如何傷害它……插圖美觀而有意義，並與文字一起敘述故事。烏龜提出的解決方案既聰明又暖心，讓小朋友讀者甚至年長的讀者都充滿了希望、可能性和領悟。」

有關本書的更多信息，請上網查閱：

[www.buddhisttexts.org](http://www.buddhisttexts.org)

[www.buddhismforkids.net](http://www.buddhismforkids.net)。❀