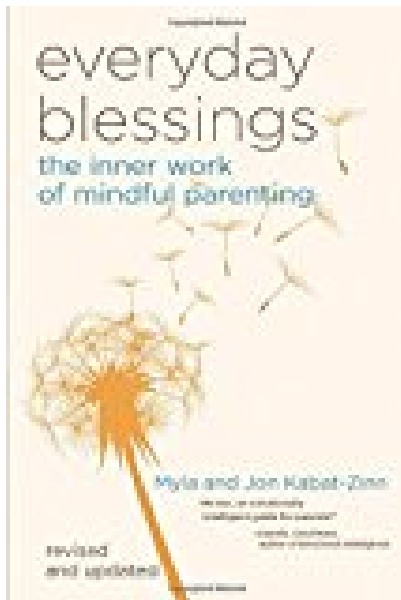


Everyday Blessings The Inner Work of Mindful Parenting



BOOK DETAILS

- Author : Myla Kabat-zinn
- Pages : 394 Pages
- Publisher : Hachette Books
- Language : English
- ISBN : 0786883146

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BOOK SYNOPSIS

The bestselling author of *Wherever You Go, There You Are* (more than 1,000,000 total copies in print) and *Full Catastrophe Living* joins forces with his wife, Myla, in this groundbreaking revised edition of the classic book about mindfulness in parenting children of all ages. Updated with new material--including an all new introduction and expanded practices in the epilogue--*Everyday Blessings* remains one of the few books on parenting that embraces the emotional, intuitive, and deeply personal experience of being a parent, applying the groundbreaking "mind/body connection" expertise from global thought-leader, Jon Kabat-Zinn and his wife, Myla Kabat-Zinn.

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