



## 21 Days of Parenting Mindfully: Your Guide to Raising a Mindful Child (Paperback)

By Lorrie Jones

Artisan Bookworks, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. One of the challenges of being a parent is to live our moments as fully as possible - awake and aware - walking our own path with heart and above all, nourishing our children while learning and growing ourselves. What is important is that we are authentic and show authenticity with our children, honoring them and ourselves in the best way possible. What matters is the quality of the attention we bring to each moment and our sincere commitment to be a conscious, rather than a perfect, parent. Our deepest desire as parents is to see our children grow and thrive - to see them become healthy, joyful, and emotionally intelligent human beings. Our role is to support them in this process. Mindfulness is available to all of us and it is a way of living in the world - a way of being in the world - that improves our quality of life, allowing happiness to flourish, peace to be possible, and love to abound. Nowhere does mindfulness matter more than in the raising of our children. 21 Days of Parenting Mindfully is...

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