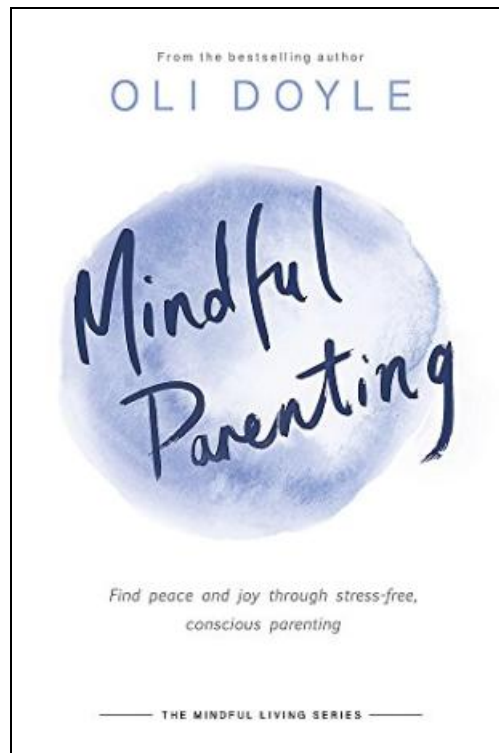


Mindful Parenting: Find peace and joy through stress-free, conscious parenting (Paperback)



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Reviews

This sort of book is almost everything and helped me looking in advance and much more. Yes, it can be enjoy, nevertheless an amazing and interesting literature. Its been written in an extremely simple way which is simply right after i finished reading this publication through which in fact altered me, alter the way i really believe.

(Lizeth Witting)

MINDFUL PARENTING: FIND PEACE AND JOY THROUGH STRESS-FREE, CONSCIOUS PARENTING (PAPERBACK)



Orion Publishing Co, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Find peace and joy through stress-free, mindful parenting, with bestselling author Oli Doyle s six-week guide. In Mindful Parenting, bestselling author and mindfulness guru Oli Doyle provides a six-week guide to reveal how mindfulness can help us be completely present in the messy reality that is parenting. This inspiring, empowering guide to making your parenting journey a means to achieve peace of mind, will give parents the skills to enjoy every moment with their children. Key learnings include: how to move beyond beliefs about parenting and the need to be the perfect parent; learn how to appreciate and enjoy the simple things in life; and how to make not knowing a positive opportunity in family life. The Mindful Living series is a new series of short mindfulness books dedicated to enhance three important areas of our lives: parenting, relationships and work. Oli Doyle shows that all the key domains of life provide great opportunities to practice mindfulness and discover peace of mind.



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