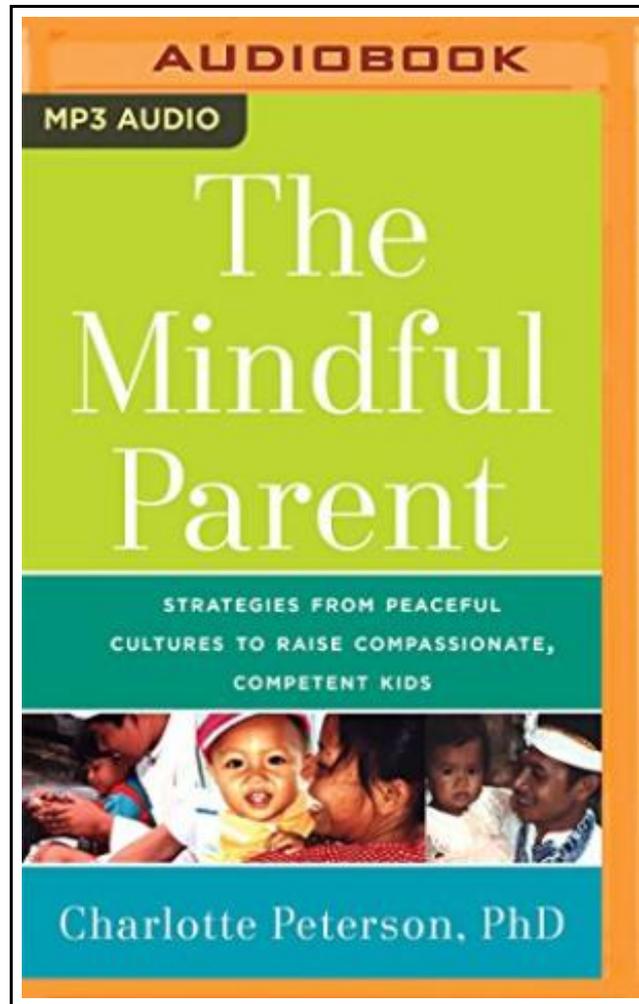


The Mindful Parent: Strategies from Peaceful Cultures to Raise Compassionate, Competent Kids



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.
(Kade Ankunding)

THE MINDFUL PARENT: STRATEGIES FROM PEACEFUL CULTURES TO RAISE COMPASSIONATE, COMPETENT KIDS

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Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Over the last four decades, American hospitals have seen a steady increase in children suffering from psychological disorders, peer violence, and suicide attempts. To figure out why this is happening and how to put an end to it, child psychologist Dr. Charlotte Peterson has been spending six months every five years living in indigenous villages and observing their parenting practices. What she s found is that the people of peaceful cultures, particularly the Tibetan, Bhutanese, and Balinese people, know something we Westerners, despite our modernity, don t, and their children are happier, healthier, and more balanced because of it. What Dr. Peterson has found is that the children in these cultures are raised with a high degree of cherishing and empathy. Attachments are promoted by intensive nurturing of infants and gentle, clear limit-setting with toddlers that teaches self-control and builds self-esteem. The result, as Dr. Peterson has found after visiting these places again and again, is children who are trusting, enjoyable, and kind not spoiled, as we might imagine. The Mindful Parent brings together Dr. Peterson s village interviews, observations, research, and over 35 years of work as a psychologist to teach modern parents how to raise healthier, more well-balanced, and kinder children. It includes creative ideas from parents who are currently adopting these practices and balancing other aspects of their personal, career, and financial responsibilities to assure their children get the support they need to thrive.

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