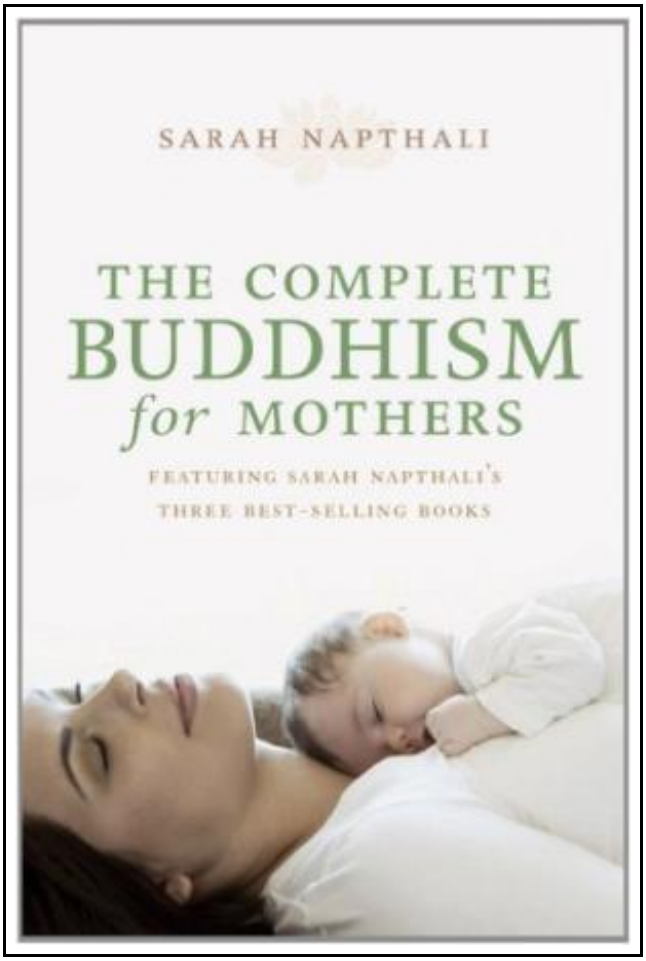
The Complete Buddhism for Mothers



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THE COMPLETE BUDDHISM FOR MOTHERS

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Allen & Unwin. Paperback. Book Condition: new. BRAND NEW, The Complete Buddhism for Mothers, Sarah Napthali, Become a calmer and happier mother with The Complete Buddhism for Mothers.Parenthood can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. These books are different.Together for the first time, these three bestsellers - Buddhism for Mothers, Buddhism for Mothers of Young Children and Buddhism for Mothers of Schoolchildren - explore the joy of being with your children in the all-important present moment. In these books, mothers have found the inspiration to be more patient, loving and attentive towards their children, other family members, other parents, but most of all, themselves.In her clear and engaging way, Sarah Napthali takes us on a journey through the challenges (and the pleasures!) of raising children, using Buddhist teachings and principles to help her answer the eternal questions of mothers everywhere: Who am I now? Where am I going? And how can I do my best by my children and myself? This wisdom also allows space for the deeper reflections about who we are and what makes us happy.Writing from personal experience, and weaving in stories from other mothers throughout her narrative, Sarah shows us how spiritual and mindful parenting can help all mothers to be more open and content. Even if exploring Buddhism at this busy stage of your life is not where you thought you'd be, it's well worth reading this book. It can make a difference.

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