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The bestselling author of the million-copy bestseller *Wherever You Go, There You Are* and *Full Catastrophe Living* joins forces with his wife, Myla, in this revised edition of their groundbreaking 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 ...

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Everyday Blessings (Paperback) The Inner Work of Mindful Parenting. By Jon Kabat-Zinn, PhD, Myla Kabat-Zinn. Hachette Books, 9780786883141, 416pp. Publication Date: May 1, 1998

Everyday Blessings: The Inner Work of Mindful Parenting ...

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In *Everyday Blessings*, Jon and Myla Kabat-Zinn show how parents can enrich their lives and the lives of their children through mindful parenting - that is, by honoring the fullness of the present moment, and within it, the inner potential and beauty that reside in both our children and ourselves.

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Everyday Blessings provides a powerful new way of looking at and facing the challenges of parenthood, illuminating how a lack of awareness fosters patterns that damage both parent and child, and how mindfulness can bring healing and transformation to this essential relationship

Everyday blessings : the inner work of mindful parenting ...

Everyday Blessings: The Inner Work of Mindful Parenting: Authors: Myla Kabat-zinn, Jon Kabat-Zinn: Edition: illustrated, reprint, revised: Publisher: Hyperion Books, 1998: ISBN: 0786883146,...

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Everyday Blessings: The Inner Work of Mindful Parenting (Paperback) Published May 1st 1998 by Hachette Books Paperback, 416 pages

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Jon Kabat-Zinn, author of *Wherever You Go, There You Are* and *Myla Kabat-Zinn* have collaborated on *Everyday Blessings*, a book that approaches parenting from the Zen Buddhist position of moment-to-moment awareness. It's a beautiful presentation and a thoughtful approach to mindful meditation that will help you slow down, enrich your life as a parent, and nourish the internal life of your children.