



Buddhism for Parents On the Go

By Naphthali, Sarah

Allen & Unwin, 2010. Paperback. Book Condition: New. 13.5 x 17.5 cm. Become the parent you'd like to be with Buddhism for Parents On the Go. With the same calm, rational wisdom and clarity that Sarah Naphthali brings to Buddhism for Mothers, Buddhism for Mothers of Young Children and Buddhism for Mothers of Schoolchildren, here is a book that will inspire you to be more patient and loving through the multifaceted, amazing and often difficult journey of parenting. Within these warm and often funny pages, Buddhist teachings are at their most accessible. Even if exploring Buddhism is not where you thought you'd be right now, read any page of Buddhism for Parents on the Go and think about its relevance to your life. Make space in your busy days to be kinder to yourself. From advice to the sleep deprived to dealing with the drama of toddler tantrums to thoughts on teenage egocentrism, this invaluable book will teach you how to manage the expectations you have of yourself, your partner and your children. Buddhism for Parents On the Go will help you conquer the day-to-day challenges of life, reduce your stress levels and gain true insight into the ever-changing joys of...



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