

## Everyday Blessings The Inner Work Of Mindful Parenting

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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.

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I use Everyday Blessings: The Inner work of Mindful Parenting in the Mindfulness Parenting class I am teaching at Desert Garden Montessori School. The parents love this book, especially the emphasis given on working on themselves to do the challenging but joyful and fulfilling parenting work. Jagdish P Dave Ph. D, Psy D

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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 being a parent, applying the groundbreaking "mind/body connection" expertise from global mindfulness leader, Jon Kabat-Zinn and his wife, Myla Kabat-Zinn.

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Filmography: p. 389-390 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

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

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Editions for Everyday Blessings: The Inner Work of Mindful Parenting: 0786883146 (Paperback published in 1998), (Kindle Edition published in 2010), 07868...

### **Editions of Everyday Blessings: The Inner Work of Mindful ...**

Everyday Blessings: The Inner Work of Mindful Parenting, Revised and Updated by Myla and Jon Kabat-Zinn October 2014. This book, originally published in 1997, is now thoroughly revised and updated.

### **Books by Jon Kabat-Zinn - Mindfulness Meditation**

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