



Mindful parenting

By Kristen Race

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, Mindful parenting, Kristen Race, This title features a mindful approach to parenting that helps children (and their parents) feel happier, healthier, calmer, and less stressed in our frenetic era. Rooted in the science of the brain, and integrating cognitive neuroscience and child development, Mindful Parenting is a unique program that speaks directly to today's busy families who make up what Dr. Race calls "Generation Stress." Research has shown that mindfulness practices stimulate the prefrontal cortex of the brain. Regular stimulation of this part of the brain helps us feel happier, healthier, calmer, less anxious, less stressed, and makes it easier for us to concentrate and think clearly - the very behaviour we are hoping our children will display. Dr. Race provides: an explanation of the way the brain works and why parents and kids today are more stressed, anxious, and angry than ever before; practical solutions to the problem: Things parents can do to change brain patterns and create a more relaxed and happier home; and, "Brain Coolers": Quick tips that can be used in the moment to help families relax, recharge, and create happiness (such as "The Three Breath Hug").



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**